

Alex Park Democratic School



Food and Drink Policy

At Alex Park Democratic School we work towards promoting a healthy nutritious balanced diet of food and drink for our children and staff. We believe in offering a holistic education to the children, and a main part of our day is sharing food together and enjoying meal times.

Procedure

- Upon registration, we will obtain the relevant information from parents/carers regarding the child's dietary requirements and allergies.
- Parents have to bring an Action Plan related to the allergies that the children had been diagnosed with. The Action Plan can tell the staff and other caregivers about your child's severe allergies and how they can be managed.
- A list of dietary requirements is discretely displayed in the relevant rooms and is shared with all staff members.
- We ensure that children take an active role in meal times were appropriate serving food, laying the table, giving out cups etc. as we believe it is an important learning and social experience.
- We will provide children with clean and age-appropriate crockery and eating utensils. We will respect the diversity of practice around mealtimes e.g. use of chopsticks or fingers for eating.
- Our menu is displayed on our menu board in our main corridor along with the relevant allergen information and in the parent's board in the corridor.
- We have a full time chef onsite who freshly prepares our meals each day.
- We operate on a two week menu cycle over a quarterly period. This is to ensure that we are consistent with children's dietary requirements and parents/carers can work with at home a balanced diet for their children.
- The menu is reviewed every three months to ensure meals are updated and are in line with seasonal food products.
- We ensure that the recommended fruit and vegetable portions are included in our meals/ snack times throughout the day.
- We offer a range of cultural dishes: English, Caribbean, Asian and European.
- Packed lunches or snacks brought from home are not allowed in order to protect the children with allergies.
- Parents and carers must ensure that children do not bring products with nuts into the building. The school is a nut free place.
- Water is our main source of fluid and is available all throughout the day, both indoors and outdoors.
- The children are offered snacks and water throughout the day, which consist of seasonal fruit/ vegetables and usually a carbohydrate
- Staff are to role model during lunch/snack times, eating with the children, modelling healthy eating habits and contributing to
- Staff are to ensure that the children are aware of good hand washing procedures and how these are carried out.
- All staff must undertake the relevant food hygiene training. As a provider of meals and

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snacks we are aware of our responsibilities under food hygiene legislation.

- Each child will be made to feel special on their birthday. Parents/carers are welcome to bring in a cake but we can only accept items that have a full list of ingredients, this can include homemade or shop bought. We cannot accept cakes that contain nuts. We will hand the cake to the children at the end of the day with the parents permission.
- If there is an outbreak of food poisoning in the school affecting two or more children we will notify Ofsted as soon as possible but definitely within 14 days of the incident occurring in order to comply with regulations.

Date – September 2020

Signed Headteacher–

Review – September 2021

Signed Director –