



# Food and Drink Policy

## Phase of school this policy relates to

<b>Early Years</b>	<b>Primary</b>	<b>Secondary</b>	<b>Whole School</b>
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<b>Date created:</b>	<b>July 2019</b>
<b>Date reviewed:</b>	<b>September 2023</b>
<b>Next review date:</b>	<b>Autumn 1 2025/26</b>
<b>Policy lead staff member:</b>	<b>Leanna Barrett</b>
<b>Link governor:</b>	<b>Charlie</b>

It is always the aim of Liberty Woodland School to ensure that the children in our care receive high quality nutrition at snack and meal times.

Healthy eating paired with physical activity is vital for proper growth and development, and we recognise our position to have a positive influence on the attitudes that children and their parents/guardians have towards food and a healthy lifestyle. We encourage children to eat healthily and teach them that a healthy eating is not about denying foods that they enjoy but is having a varied and balanced diet and enjoying lots of different foods.

## **Policy Statement**

We regard snack and mealtimes as a social time for children. At all times we aim to ensure the quality of foods offered to children are of a high standard and do not contain unnecessary added salts or sugars.

All food is prepared by our in-house chef who plans menus in collaboration with the Head and experienced professional Chefs to ensure children are receiving delicious, nutritious meals.

In addition to the food and drink provided, Liberty Woodland School will ensure that staff preparing food are appropriately trained and that consistent and high levels of food hygiene practices are maintained.

## **Responsibilities**

### **Record keeping**

Upon joining the setting each child's individual dietary needs, preferences and any allergies are requested on the enrolment information. This information is discussed with the child's family, and regular consultation is held to ensure the information held is correct.

Information about children's individual dietary needs and allergies is clearly displayed and all educators, bank staff, students and volunteers are fully informed. Parents are informed that any 'may contain' ingredients used in catering at Liberty Woodland School.

### **Food hygiene and training**

To ensure that food prepared is done so in the best possible conditions our staff are required to obtain a Safe Food Hygiene certificate prior to, or within the first three months of employment.

To maintain high levels of hygiene in food preparation areas we will:

- Provide staff with procedures for food preparation.
- Ensure that food preparation areas are kept clean.
- Ensure that appropriate clothing, such as aprons and gloves, are worn at all times by those preparing food.
- Check upon delivery all food purchased for expiry dates and quality.
- Store foods in such a way that those with the longest shelf life are stored behind one another.
- Check all food at the time of use to ensure that it is still in date.
- Food which has been opened is labelled with the date opened and date for disposal (in accordance with the instructions on the packaging).
- Record the temperatures of the foods post heating.

Liberty Woodland School is registered as a food business with the local environmental health department.

### **Food**

Menus are planned in advance, are shared with parents/guardians and include a range of flavours and textures to expose the children to different cuisines.

Food provided will be nutritious and of high quality and will not contain large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings. In addition, foods described as 'low fat' will not be used nor will any food containing nuts or nut products.

Children will generally receive fruit and vegetables at snack time as part of their recommended 5 portions a day and we aim to provide a variety throughout the week.

### **Drinks**

Children are asked to bring a water bottle in with them. The bottles are stored in the same place each day so the children are able to get water for themselves whenever they are thirsty. Liberty Woodland School also provide designated drinking water taps to top up the children's bottles which means they have access to fresh drinking water throughout the day. Staff inform children that they can ask for more water at any point during the day.

### **Mealtimes**

We organise meal and snack times so that they foster independence and are social times in which children and staff participate.

Children's food is cooked in our kitchens which meet the requirements of the Food Standards Agency. All meals are healthy and nutritious and contain only the best ingredients.

Menus are provided regularly to parents/guardians.

Fresh drinking water is available at all mealtimes.