



# Pilgrims School

---

## Nourishment and Encouragement (Healthy Eating) Policy

May 2022

Next review date: May 2023

Please note: 'School' refers to Early Years Foundation Stage (Little Pilgrims, Kindergarten and PreSchool) and Pilgrims Main School.



## **Introduction**

Pilgrims School is committed to working with parents and children in providing a balanced diet throughout the day.

- Establish sound eating habits for life, through the provision of safe food that meets the nutritional requirements of a growing and developing child
- Balanced menu to incorporate freshly cooked dishes and vegetables or salads.
- All our meat is supplied, prepared and delivered daily by a local butcher.
- All our fruit, vegetables, dairy and bread are delivered daily using a local supplier.
- All food is prepared on site by our dedicated catering team.
- All meals are cooked without any salt addition. Sugar is reduced in cakes and biscuits where possible.
- Offer a variety of foods while respecting cultural diversity.
- If a child has a confirmed food allergy or intolerance this will be catered for by the team.
- We continue to attain our 5\* environmental hygiene rating
- Encourage good social eating practices
- Support children who may struggle with eating.
- Promoting a healthy, active life style
- Offer fresh fruit to all children for morning snack, and lunchtime
- Offer fresh milk for morning snack.
- Ensure drinking water is available throughout the day.
- The school nurse is available to support and liaise with any families/staff of children who are experiencing concerns with eating.

Menus will be on display and online for all meals and snacks in advance. Reception to year 2 will be served their meals from the hatch where they can request smaller or bigger portions.

Parents must put in writing any special dietary requirements, for medical or religious reasons only, using the school medical form. Where possible a doctor's note should be provided. Parents must keep the School informed and kept up to date of children's allergies. All information supplied by parents must be passed on to Class Teacher/ Key Person/ Catering Manager/ School office and Out of Hours Supervisor.

Children requiring special diets must have a photograph with their dietary requirements displayed in the classroom. A copy of the requirements is kept on file by the Kitchen team. Dietary badges must be worn for breakfast, lunch and tea.

We will always work with the parents to provide a suitable diet for children whose dietary requirements vary from the main menu. Soya, oat and coconut milk are available for children who are not allowed to drink cow's milk.

Staff will sit with the children during mealtimes and will provide a good role model for healthy eating and display polite table manners. Gentle encouragement for children to eat as much of their food as possible, will be supported to create a positive meal time experience.

Children and staff must wash their hands or use sanitizer gel before entering the dining hall. Staff will explain the need for this to the children.

We want meal times at school to be a positive and enjoyable experience.

Children are encouraged to play outside every day.

### **Little Pilgrims / Kindergarten/ Preschool**

Parents will send in a water bottle for children in Toddlers and Kindergarten. In Little Toddlers, Tommy Tippee lidded cups are available for weaning babies upwards, for water only. No lidded cups will be used in Little Pilgrims except Baby and Little Toddler rooms, where children can access drinking water during the day, in line with EYFS statutory requirements (March 2017).

Parents or guardians to be advised if their child is not eating well.

Parents are asked not to bring in food and drinks from home for the children with the exception of unopened dietary milk.

We support breastfeeding mothers and work with them to ensure that their child is fed in line with their wishes.

Mealtimes to be used as an opportunity to provide education about healthy eating.

Children will be encouraged to develop good eating skills and table manners and given plenty of time to eat.

Any food- based activity should, as far as possible, reflect the school's healthy eating practice.

An acceptable level of hygiene is expected where food is prepared and served.

All tables must be washed and sanitised before and after meal times.

Children and staff must wash their hands before eating. Staff will explain the need for this to the children.

Babies and Little Toddlers will have their meals plated from the kitchen.

Pre school meals are transported from the main kitchen and served in two sittings in the pre-school area.

They are encouraged to wipe off their own plates and cutlery after eating.

All dietary meals to be served on yellow plates to alert staff.

Children are encouraged to play outside every day.

## **Birthday Celebrations**

Only the following products are to be brought in and given to the children to take home:

Rowntrees Jelly Tots  
Nestle Fruit Pastilles  
Nestle Smarties  
Cadburys White Buttons  
Cadburys Dairy Milk Buttons  
Kinnerton Chocolate/Cakes

We are a nut free school.

**Reviewed by Health and Safety Committee.**