



FOOD POLICY

Last review: September 2025

Next review: September 2026

Reviewed by: Rebecca Warhurst, Head Teacher

John Bolton, Governance Chair

Food Policy

At **Silver Birch** we believe that mealtimes should be happy, social occasions for student and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering students healthy, nutritious and balanced meals and snacks, which meet individual needs and requirements.

We ensure that we offer:

- A light breakfast such as toast and a midday meal. Breaktime snacks are offered.
- Menus are planned in advance and in line with example menu and guidance produced by the Department for Education. These are rotated regularly, reflect cultural diversity and variation and are displayed for students and parents to view
- All allergens are displayed alongside the menus to show the ingredients of each meal
- We provide nutritious food at all snack and mealtimes, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus include servings of fresh fruit and vegetables per day
- Fresh drinking water is always available and accessible. In hot weather staff will encourage students to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their student's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child joins the school. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
- Staff show sensitivity in providing for student's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of their diet or allergy
- Staff set a good example and eat with the students and show good table manners. During lunchtime students are encouraged to use their manners and conversation is encouraged
- Cultural differences in eating habits are respected
- Students are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the students being catered for in line with recommended portion sizes.
- We promote positive attitudes to healthy eating through discussions
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years