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Headteacher: Mr Ian Waine

September 2009

## Whole School Food Policy

### Rationale:

To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors to our school.

### At Medstead we believe that:

- it is important to educate the school community about the benefits of healthy eating
- the provision of easily accessible fresh drinking water is important to health
- healthy eating should be a positive and enjoyable experience
- the benefits of healthy eating should be promoted to the whole school community
- the whole school community should eat healthily
- the provision of food and drink should be managed in a hygienic and efficient manner

### We believe this is best achieved by:

- providing a carefully planned formal curriculum
- providing opportunities for pupils to participate in extra curricula activities e.g. cooking healthy food, gardening by involving parents
- taking part in national schemes that promote healthy eating e.g. School Fruit and Vegetable initiative, Healthy Schools Award, school milk scheme
- allowing free access to fresh drinking water at all times during the school day
- providing a pleasant dining environment where pupils can eat together and develop their social skills
- encouraging children to bring a healthy mid morning snack (fruit or vegetable)
- encouraging KS1 children to eat fruit provided by The School Fruit and Vegetable initiative.
- encouraging children to take part in school milk scheme
- promoting the inclusion of healthy foods in lunchboxes and supporting parents in their choice of healthy foods

- encouraging all children to try a wider variety of foods and to reward their efforts
- providing school lunches that are nutritionally balanced and in the summer providing 'tucker bags' that contain fruit and vegetable portions
- ensuring that all organisations using school premises are aware of the Food in School policy
- making provision for the safe storage of food
- ensuring that children understand the importance of safe food preparation and handle food with this in mind
- recognising that sweet, biscuits and cakes etc are part of a balanced diet when eaten in moderation
- the school will choose to be involved in promotions which are in keeping with the ethos of the Healthy Schools Award

**This policy should be read in conjunction with:**

Health and Safety, Teaching and Learning and Equal Opportunities Policies.

Review : May 2011

