



## **DORIN PARK HEALTHY SCHOOL FOOD POLICY**

At Dorin Park we aim to create a Healthy School by promoting the health and well-being of our pupils and staff. Part of this process involves promoting an environment of healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole-school approach to food and nutrition documented in our Healthy School Food Policy.

The nutritional principles of this policy are based on the latest Government School Food Standards published in September 2014 and which are now mandatory. These standards cover all food and drink sold, served or brought into schools: breakfast, lunch and after-school meals, including tuck, mid-morning break and after-school clubs. Foods high in fat, sugar, and salt are not permitted at times other than lunch times, and are restricted as part of the weekly balance of food.

In order to implement the Government standards and our Healthy School Food Policy we would ask parents and carers to support the following:

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### **1. Snack (mid-morning break)**

- KS1 pupils are entitled to free fruit and vegetables at break time
- School will provide snacks that adhere to the Government School Food Standards
- Snacks brought in from home should be: fruit, vegetables, seeds, yoghurts, or fruit-based desserts containing at least 50% fruit
- The following should not be brought into school: chocolate, chocolate-coated products, confectionery (sweets), cakes, biscuits, savoury crackers, breadsticks

### **2. Healthier Drinks**

Free, fresh, chilled drinking water is available in school at all times.

The only drinks permitted by the Food Standards are:

- Plain water
- Lower fat milk
- Fruit or vegetable juice (max. 150 ml)
- Fruit or vegetable juice mixed with water
- Yoghurt drinks
- Tea, coffee and hot chocolate (without added sugar)

### **3. Packed Lunches**

Packed lunches prepared by the school caterers adhere to the National School Food Standards for Healthy School Lunches.

- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery (sweets)
- No confectionery (sweets), chocolate or chocolate-coated products

The school encourages parents and carers to provide children with packed lunches that meet the Government standards and the Healthy School Food Policy.

#### **4. Birthday Cakes**

Parents and carers are asked not to send in cakes to celebrate birthdays. This will ensure the school meets the Government standards, and helps us to support those pupils who cannot eat cake for dietary and/or medical reasons, making it a fairer system. Birthdays can be celebrated in school in other ways.

#### **5. Special Dietary Requirements - medical**

The school provides food and drink in accordance with pupils' special dietary requirements. Food and drink brought in from home to meet those dietary requirements will be agreed in discussions with the school nurse.

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This Healthy School Food Policy can be found on the school website. You will also find there a link to the School Food Plan website, which details the rationale behind the Government Standards and gives further information and advice.

Parents' and carers' views and feedback on the school's approach to healthy eating are welcomed. If you have any questions or require further information please do not hesitate to contact us. Thank you for your support, enabling us to work together in promoting healthy eating.