

Elmfield Rudolf Steiner School

Food Policy including Food Stalls

Issued by	Education Manager
Last review	Sept 23
Approved by Council	Oct 23
Circulation	Google Drive – Policies Staff Portal Elmfield Website

Here at Elmfield, the children have active but long days where their bodies, hearts and minds are engaged. It is only natural, therefore, that the children are hungry when they have morning break to have something to eat as well as at lunchtime. Please ensure that all the children have a substantial breakfast before they come to school and that the food in their lunchboxes is free from additives, refined sugars and colourings. Wholesome food will help your children to concentrate, work well and be in good spirits both out in the playground and back in the classroom. Please support us so that together we can keep the children healthy and contented throughout the day.

Early Years

In the Early Years Department, we promote a culture where the children experience good nutritious food, and we ask for your help and support with this.

We ask that all children bring a 'Little Lunch' which will be eaten around 10.45 This is intended to be a mid morning snack, please see our list of suggestions below:

Many of the children who attend Kindergarten, transition age and younger, are staying at school for lunch, also. The content of the children's lunch boxes is therefore very important, and taking into consideration individual dietary requirements, we ask that your child is given a simple and yet substantial lunch to meet their needs for the rest of the school day.

Please find listed below our suggestions for what to include in lunchboxes for both 'little' and 'big' lunch:

- Sandwich, pitta bread, wrap with savoury filling, sausage roll
- Rice cakes, crackers, oatcakes with spread
- Pasta salad or other salads
- Soup, hot pasta etc. in an unbreakable flask
- Slice of pizza, quiche
- Fresh and / or dried fruit
- Vegetable sticks
- Hummus
- Plain cake or biscuits
- Yoghurt, preferably in a pot not a tube, and with a spoon.
- Cereal bar

Please bear in mind that we have no refrigeration facilities.

We provide water for your child at little lunch, and water is freely available throughout the morning. If your child stays all day please provide them with a water bottle too.

There are other foods that your child may pressurise you to include: crisps, chocolate biscuits, "frubes" and other novelty snacks, but could we please ask you to resist those please.

We aim to make soup and bread during the week, and on those days we will share the fruits of our labour for our little lunch snack. We will also request that on a weekly basis your child brings a vegetable to chop: this will be added to our soup. Your child's teacher will let you know on which

day to bring a vegetable. This gives opportunities to discuss a healthy diet and enjoy and try out a range of vegetables, alongside exploring how they are grown, and where they come from, all part of the Early Childhood curriculum.

Contributions of fresh fruit throughout the week would also be welcome, as a little 'top up' sharing snack always goes down well!

During the year we will celebrate various festivals and on occasion you may be asked to contribute some food for the festival feast, such as a particular type of fruit or vegetable.

Please speak to your child's teacher if you have further questions. We would like to thank you for your support and look forward to "little lunch" and "big lunch" being occasions to share good food and company.

Food Allergies: Elmfield School fully recognises its responsibilities for the safety of its children and staff at all times. There is a growing case for awareness in the school for those children and staff who suffer from food allergies and a need to mitigate the risk. Whilst it is not currently necessary to operate a school-wide ban to food products such as nuts and seeds, there may be occasions where a ban is necessary in a certain class. Parents will be informed by the class teacher if this is the case.

Lower/Middle School

We expect a range of the following to appear in the children's lunchboxes:

- A pitta bread/wrap/roll/sandwich (preferably wholemeal) with one or more of the following: butter/dairy free spread and yeast extract, houmous, avocado, meat, egg, tuna, cheese (no cheese strings please) and salad.
- A warm or cold salad including pasta or grains (rice, couscous, millet, quinoa, buckwheat, barley, corn) with vegetable/s and a protein (chickpeas, lentils, beans, egg, tuna, meat, cheese, tofu).
- Preheated soup in an unbreakable flask.
- A slice of quiche or wholesome pizza.
- Raw vegetable sticks (eg cucumber, carrot, courgette, sweet pepper, celery sticks).
- Dips such as houmous or tzatziki.
- Finger foods (falafel, dolmades, vegetarian sushi).
- Fresh and/or dried fruits and seeds.
- Plain or fruit yoghurt in a pot (please provide a spoon).
- **One** fruit or cereal bar or homemade plain cake or flapjack.
- Oatcakes, crackers or rice cakes lightly spread with honey or pure fruit spread or jam.
- Water bottle and/or pre made fruit/herbal tea.
- School birthdays - it doesn't have to be a cake! Please check with your children's class teacher if you need advice.
- Please provide utensils as necessary.

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If your child has special dietary needs, please discuss this directly with the child's class teacher.

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Healthy snacks and drinks are available to purchase in the school shop. During specific times pupils from class 5 upwards can make use of this facility.

Upper School

By the time the pupils reach Upper School, we expect them to have a good understanding of what constitute a healthy balanced diet and unless concerns arise, we as teachers would not approach them regarding the content of their lunch boxes. This is in line with our picture of the emerging adolescent taking responsibility for themselves. Likewise, when purchasing snacks from the school shop, it is the pupil's responsibility to choose the healthy options available there.

Class 11 pupils are permitted to go out of school at lunchtime to purchase food. However, they may not bring fast food (eg fish and chips, burgers, pizza or kebabs), onto the premises.

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Food stalls

To ensure a healthy balance in the food offered from food stalls, we have put together some guidelines. We hope that these guidelines will help us to make conscious choices in the food that we offer from the stalls to create a healthy balance throughout the week.

The food that is offered should be mostly healthy and wholesome. Occasional cake stalls should have homemade cakes only. Ideas for healthy food stalls include pasta pots, couscous salads, homemade bread, pate, cheese scones, homemade savoury food, soup, ... If you would like to find food ideas that relate to the curriculum, then please speak to the class teacher/guardian, as they might have some suggestions. Other items to sell at the stall could include plants, craft items, books, toys, ...

We would like to encourage a balance between lunchtime stalls and after school stalls within a week. That way not all stalls will be at lunchtime, so food from the stalls only comes into the classroom on several days.

At lunchtime, children from Class 3 upwards can bring food from the stalls into the classroom. Any food bought from the stalls are an extra snack to their lunch. Food from the stalls should never replace lunches or be relied on for a lunch.

How to book a stall

Stalls are a great way for parents to fundraise for their children's class. Stalls should be (where possible) carried by the parents, as they are the ones benefiting from fundraising for trips.

1. The parent/teacher/student briefly writes up what the stall will sell and when they would like to have the stall. If it is an ongoing stall, then this is mentioned on the note.
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2. This note is given to the class teacher/guardian at least two weeks in advance. The class teacher/guardian checks the diary to see what stalls are already happening that week and ensures that there is a balance in healthy food/cake stalls and a balance in lunchtime stalls/after school stalls for that week. The class teacher/guardian then take the idea to their department meeting for approval. Ongoing stalls are to be approved by college.
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3. If approved, the note is signed by the class teacher/guardian and given back to the parent. If it is not approved, the reason is written down.
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4. Parents then go to the office with the signed note to book the stall.

Note: When a class teacher/guardian would like to sell fresh produce from the school grounds (or food prepared from fresh produce), then a waiting time of two weeks might be too long. Therefore, stalls with fresh produce from the school grounds can be booked on the day by a class teacher/guardian.

Packaging

As a school we aim to be environmentally aware of the dangers of excessive packaging. Please consider removing unnecessary packaging, advertising, and commercialism. When eating outside only unpackaged items may be taken out such as fruit and sandwiches