



Elmfield Rudolf Steiner School

Food Policy including Food Stalls

June 2018

| Policy Tracker – Responsibility for monitoring this policy: College of Teachers (Reviewed annually or in response to changes in legislation) | | | |
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| Date | Reviewed and Updated By: | Role | Date Approved by the Governing Board |
| 10/2017 | Early Years, Lower School and Upper School | | |
| 10/2017 | | | Approved by College of Teachers |
| 06/2018 | Additions made by College of Teachers for Food Stalls | | |

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.

Many of the children who attend Kindergarten, transition age and younger, are staying at school for lunch. 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:

- 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
- Plain cake or biscuits
- Cereal bar

Please bear in mind that we have no refrigeration facilities. You will not need to provide a drink for your child as water and rosehip tea will always be available.

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 pleas.

In addition to the food which you give them the children will enjoy a simple "little lunch" (snack) provided by school. We aim for the children to eat this around 10.45 a.m.

Our snack will vary throughout the week and the children will often help to prepare it. Typically we will bake bread, as well as preparing and cooking seasonably available food. We will also provide rice cakes / crackers, carrot sticks and fruit to ensure a variety of foods throughout the week.

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.

Contributions of fresh fruit throughout the week would also be welcome.

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 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 bear in mind that we have no refrigeration facilities.

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

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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.

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), fizzy drinks, sweets or chocolate onto the school 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.



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.



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.



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.