

*St Peter's Primary School Food Policy statement*

Managing foodstuffs in school does not just cover school meals. We cook, we celebrate and sell food at fund raisers and each of these occasions has a different level of health and safety and risk assessment associated with it. This policy is to clarify the procedures around the management of food in all contexts in our school.

**School Meals**

Our meals are provided by HCL and their own policies apply. Please see Herts Grid for details. HCL foods are nut free.

**Packed Lunches**

At St Peter's we aim to have a 'Healthy Lunchbox' approach. We expect parents to provide a meal which is nutritious, ie has elements of all food groups, and does not contain sweets and chocolate. We ask that parents provide a carbohydrate source, protein and vitamin rich food source such as fruit or vegetables. We do not have many excluded items, but children are not to bring in high sugar fruit substitutes such as 'winders' and other processed versions of fruit. Children have access to water, but can bring in their own drink provided it is not a sugary and or fizzy drink. It is not school policy to remove items from children's lunchboxes but ask that parents co-operate with our goals.

**Allergies**

Some children suffer from allergies and air borne particles of certain foods can present a risk to these individuals. We cannot provide an allergen free environment as this is impossible and could infringe upon the rights of others, but we ask that if your child is extremely sensitive, an appointment is made with Mrs O'Donovan to discuss the management of your child's allergy and a risk assessment can be written. A doctor's letter will be needed as evidence of the level of concern. We cannot cover every possibility with blanket policy (some children may have nut allergies, others fish, milk, eggs, fresh fruit etc and we cannot ban every potential allergen) so work with parents on a 1:1 basis where there is a need. If you want your child to have a cooked school dinner provided by HCC, you must complete an online assessment, please click the link.

<https://specialmenu.hcl.co.uk/>

**Religion & Dietary Choices**

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**Food Preparation in Class**

Part of the new National Curriculum DT syllabus involves encouraging children to prepare and cook food. We have members of staff on hand with food safety certificates to ensure that hygiene regulations are adhered to. We have details of children's allergies in class, but that aside, we never cook with nuts or ingredients that have to the very best of our knowledge, been near to or stored with nuts. We always send home ingredients so that parents can check them for allergies and advise us accordingly.

**Cake Sales**

Cakes made for sale at school are nut free, but not gluten, egg or lactose free. Parents are advised of ingredients and alternative ingredients can be supplied for those with intolerances or allergies to ensure that they are fully included in school cooking.

Cakes sold at fairs donated by parents and members of the wider population are not subject to ingredient scrutiny and the responsibility is on the purchaser to decide to buy. We do not ask that ingredients are listed as this could create a false safety net for those with allergies. Those selling cakes on stalls are not necessarily the people who made them so they cannot advise.

**Cakes and Sweets given out for birthdays**

Sometimes children have birthdays and share sweets with class members. These treats are given out at the end of the day when parents can decide if they want their child to participate. If you have a child who goes home alone after school and you do not wish your child to be included in party cakes and sweets, a letter needs to be given to the school office.