

Food Policy

Reviewed by: Sarah Fox

Reviewed on: April 2020

Next review: April 2023

Related Policies and Procedures: Health and Safety Policy, Food Safety and Hygiene Policy

Endorsement

Full endorsement is given to this policy by:

Name: Joel Chalfen

Position: Cambridge Steiner School Trustee



Signed:

Date: April 2020

Information & Guidance

Health and Safety Executive (HSE) – www.hse.gov.co.uk

NHS - <http://www.nhs.uk/Livewell/homehygiene/Pages/Foodhygiene.aspx>

<http://www.food.gov.uk/about-us/publications/safetyandhygiene/>

The Education (Independent School Standards) Regulations 2014

The Food Safety and Hygiene (England) Regulations 2013

The Food Safety Act 1990

EU FIC Food Information for Consumers Regulation

Food that contains artificial sweeteners, colourings, flavourings and sugar can be damaging to some children's concentration and behaviour. This undermines their ability to learn. Our wish for the children is that they eat healthy nourishing food. We ask therefore that children do not bring crisps, chocolate or sweets to school.

Cambridge Steiner School aims to provide food of the highest quality: organic where possible, nourishing and appropriate for children to eat in a learning environment. The food must be wholesome, fresh, and free of additives, hydrogenated fats and excessively defined starch. The school provides a vegetarian school lunch menu in kindergarten and Lower School. Over the course of a week, seasonal vegetables and a wide variety of grains, pulses and fruits are used to ensure that balanced nutrition is provided.

Parents preparing packed lunches for their children are encouraged to follow the above guidelines and teachers will help support this. Meat is, however, allowed in packed lunches. This helps to provide a cohesive food education and diet for children throughout the school. Within the teaching

curriculum, pupils are taught to prepare nutritious, balanced meals, which follow the whole food principles.

We ask for the cooperation and understanding of all parents, pupils and staff to support the individuals who have an adverse reaction to certain foods. **We therefore request that all food brought to the school and made within the school contains no nuts or nut derivatives, and we ensure that our school kitchen is nut and sesame free.**

All products obtained for the kitchen are controlled and logged by the kitchen supervisor and countersigned by a second person (kitchen assistant or school manager) for nuts, nut derivatives and sesame. If a product is found to contain nuts, nut derivatives or sesame it will be disposed of immediately,

The presence of potential allergens in all food provided by the school is acknowledged and communicated to the pupils, parents and staff in adherence with the EU FIC Food Information for Consumers Regulation. In accordance with this, some classes and kindergartens with pupils living with other extreme food intolerances may be asked to participate in making those areas safe for those children. By removing other allergens in particular areas to help those children, the school provides a safe place for all children.

Strict standards of hygiene and safety will be adhered to all at times. All parties providing food for the school, and those teaching, must undertake risk assessments and food hygiene training relevant to the requirements. Those people within the school community who provide food for fundraising purposes must also adhere to the schools Food Safety and Hygiene Policy and the ethos of the school's Food Policy.

Environmental issues should also be taken into consideration. All food users are requested to recycle and compost responsibly.



Appendix 1

*If Yes, food item has to be disposed of immediately.