

## Food Policy

### Purpose

Alder Bridge School supports healthy eating in the school classes and in the Kindergartens. It aims to ensure the wellbeing of those pupils and staff who have severe food allergies.

The School will ensure that this policy is available to all members of staff and to all parents.

### Scope

This policy applies to all food that is brought in by the pupils and adults that will be eaten during school hours i.e. 8.50am-3.30pm in School and Kindergartens, this includes lunch stalls. It also does not apply to food at fundraising events outside of school hours.

### Responsibilities

School and Kindergarten staff will be responsible for reminders to pupils and/or parents and for overseeing the safety of the food.

### Specific Instructions

Water, from a filter jug, is always available to the pupils in Kindergarten. Tap water is available for Lower School pupils who may also bring in bottled water.

Parents of pupils in the School are asked to give them a mid-morning snack and also a packed lunch for the long days.

Please make sure the two meals are substantial enough and have well-balanced 'courses'.

Kindergarten children need only to bring a packed lunch.

The School also aims to ensure that the food made in School and Kindergarten and that brought in by pupils for snack and lunch is healthy as well as appropriate for as many children as possible. To support this approach and to enable all pupils to have the experience of a healthy-eating environment we request that food brought in by pupils is 'un-commercialised' as well as healthy. This means that snack and lunch boxes **should not** contain foods in commercial child-orientated packaging - including organic and 'fun / convenience' items - or predominantly sugary (such as yoghurts to suck from tubes) or items such as: fizzy drinks, crisps (or similar snack foods), chocolate (or items containing chocolate), sweets, 'gimmicky' items (e.g. cheese strings, winders).

Alder Bridge aims to support the wellbeing of children with food allergies so **food items containing nuts or sesame seeds are not permitted**. Parents of all School and Kindergarten children, and all staff, **must not include** food items in lunch boxes that contain **nuts or sesame seeds, or items that have these as ingredients (eg hummus, pesto, marzipan, seeded bread)**.

If a teacher should observe any such items, the child will be asked to take that food back home.


To prevent transference of these unsafe food elements these food items should not be eaten on site before or after school hours either. Thorough hand washing at home after breakfast can also be helpful in preventing transference if these foods have been eaten.

### Other

Parents are asked to bring in a simple, sponge-type cake for their children's birthday celebration at school. Class Teachers may issue their own guidelines regarding ingredients but cakes should be nut and sesame free.

A cake is made in the Kindergarten for birthday celebrations and Kindergarten teachers will be responsible for the ingredients.

Where items are cooked at school for festivals or in Kindergartens or Parent & Child Groups for the snack etc the teachers will ensure the safety of the ingredients for the pupils with severe food allergies as well as for those with lesser allergies/intolerances.

H&S0015	Reviewed: June 2019 Review Group: College of Teachers	 <b>Alder Bridge</b> Steiner-Waldorf School
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### **Health and Safety regarding Kindergarten packed lunches**

If you include food such as grapes, small tomatoes, olives, sausages (any food which could become a 'plug' if it gets stuck in the windpipe or oesophagus) they should be **sliced longways**.

Our food preparation has to ensure all food is safe, and so we cut our fruit and vegetables accordingly. We have been advised that we should also cut up any relevant lunch food and it would be very helpful if you are able to do this when preparing the lunches.

### **PROCEDURE REGARDING CHILDREN WITH SEVERE FOOD ALLERGY (ANAPHYLAXIS)**

Alder Bridge School will take reasonable steps to put in place the required measures to ensure the wellbeing of such children and enable them to attend the school:

- All Class and Kindergarten Teachers will receive training in the use of Epipens / Anapens / Jext pens and in the procedure to be followed should a child suffer anaphylactic shock.
- All members of staff will be informed of guidelines to be followed regarding prevention of an allergic reaction
- Parents of these children will complete the relevant medical forms and these will be in the green medical files kept in each room
- Each relevant room will display an action plan that details the pupils and their allergies. This will be near to the hook for hanging the medicine bags.
- All parents (of School and Kindergarten children) will be issued with the Food Policy which supports nut and sesame free food being brought into classrooms, Kindergartens and communal area, such as the Family Room and offered at lunchtime stalls.
- Other adults on school premises e.g. office staff, volunteers, teaching assistants, will also be issued with these guidelines

### **Guidelines for Teaching Staff regarding Pupils with Severe Food Allergies**

- Take reasonable steps to ensure they do not transfer allergenic elements from their hands (eg via handshake) by avoiding skincare items containing such ingredients and washing hands thoroughly after eating. This will also apply to other adults on site when necessary.
- Be alert to the food being eaten by the pupils
  - Check any items that give concern
  - Request pupils return any unsuitable items to their lunchboxes
- Take reasonable steps to ensure that the pupils wash their hands thoroughly and properly before leaving the classroom after each meal.

**Approved By: College**  
**Next review date: Sept 2020**