**Food Policy**

TradeWinds Academy is dedicated to providing an environment that promotes healthy eating and independence during meal times. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

**Policy Aims**This policy is designed to promote a good eating ethos and to make children aware that not all foods are safe for everyone to eat.

 **Allergies and Special Dietary Requirements**TradeWinds Academy is a **NUT FREE SCHOOL.** Food provided at school will be nut free and any food brought into school must also be nut free.

Parents are requested to inform the school if their child has any special dietary requirements. The school caterers will provide food in accordance with pupils’ religious beliefs and cultural practices. They will also offer a vegetarian option at lunch every day.

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to the agreed process.

**Food and drink provision throughout the school day**

* Children will not be given breakfast at school and it is recommended that they have a highly nutritious meal at home before coming to school.
* Children should bring their own named water bottles
* Water will be available for refilling drinks bottles throughout the school day
* Children are encouraged to develop independence in keeping hydrated although staff will remind children to drink throughout the school day
* Morning snack will be provided by school (generally fruit)
* Lunch time food will be provided by school, including a vegetarian option. Children are expected to feed themselves and staff will encourage the development of this skill.
* No additional snacks from home will be permitted during the normal school day.

 **Children attending after school clubs**Children must bring a **healthy snack** and water for the end of the school day before after school clubs begin. Suggestions include biscuits, crackers, popcorn and fruit. Snacks which require refrigeration must be named and will be stored accordingly.

**Food in the classroom**Parents will be notified in advance of any learning activities which require the use of food, e.g. cooking lessons. All food in school will be **nut free** and declared dietary requirements will be acknowledged in lesson planning.

**Birthdays**If parents wish the recognize their child’s birthday, we request that this is done at the end of the school day to avoid any disruption to the curriculum. Birthday treats may be handed out as children leave school, provided that there is a treat for everyone in the child’s class.