

Moorland Waldorf Initiative

Danby, Whitby, North Yorkshire, YO21 2NJ

Website: www.moorlandwaldorf.org Email: info@moorlandwaldorf.org

Telephone 01287 661206 Fax 01287 661207

Healthy Eating and Food Hygiene Policy

Policy Reviewed: November 2018

Next Policy Review Date: November 2019

Prepared with reference to *Food Policy in Schools A Strategic Policy Framework for Governing Bodies* (Revised September 2007)

Food handling, preparation and serving in the classroom – Food Standards Agency

Aims:

- To ensure healthy nutrition of children
- To encourage healthy eating and drinking habits
- To encourage appropriate social attitudes around eating and drinking

MWI ethos

- The MWI believes that good nutrition is vital to the health of growing children
- The MWI handbook encourages the provision of healthy snacks and if children bring in unsuitable food or drinks for snack time (Flexi-Learning and Kindergarten) or lunchtime (Kindergarten only), this would be discussed with parents/ carers.

Allergies and Special Dietary Requirements

- Parents of children who have allergies to any food product, or who have special dietary requirements, are asked to make this clear in the medical questionnaire which they complete when their child enters the school. They should inform the school at once if their son or daughter subsequently develops an intolerance of any food.
- A list of the special dietary requirements and allergies of children is displayed in the MWI office.
- The MWI Handbook encourages the provision of healthy snacks and if children bring in unsuitable food or drinks for snack time (Flexi-Learning and Kindergarten) or lunchtime (Kindergarten only), this would be discussed with parents/ carers.

Flexi-Learning

- When children first join Flexi-Learning from Kindergarten, they sit together to eat snacks that they have brought in from home. This is meant as an extension of what happens in Kindergarten.
- After the first term, children are encouraged to bring in healthy snacks to have a break time but there is no longer a communal snack time.
- There are opportunities such as Parent Meetings and individual meetings with parents to discuss what constitutes healthy food.
- Snack time can be used as an opportunity to discuss what healthy food is and what it means to be healthy.
- Water is available to children at all times and children have their own individual mug, which they wash up after use.

Eskdale Community Trust for Education

- On birthdays, children are encouraged to share something special to eat, such as birthday cake.

Kindergarten

- Kindergarten staff are required to undergo appropriate training e.g. in Food Hygiene
- Kindergarten staff meet at least weekly and are represented on the College of Teachers to encourage appropriate social attitudes around eating and drinking. These meetings are minuted and provide an opportunity for staff to keep up to date with guidelines and good practice.
- Learning by imitation is a core feature of Steiner Waldorf Kindergartens and staff are fully aware of the need to model good practice regarding health, hygiene and nutrition.
- Kindergarten staff record any concerns about health and nutrition of children and there are opportunities such as parent meetings or one-to-one meetings with parents to discuss these concerns.
- Children have a communal snack between 10.30 and 11.00, which fits into the rhythm of the day. Children are encouraged to wash their hands prior to this and staff check that they have done so.
- Children help to set the table and clear away at the end.
- Children are encouraged to help each other, pass things around, take part appropriately in conversation, manage their own cutlery and crockery and show good table manners.
- All food is vegetarian and special dietary needs are catered for.
- Children are encouraged to bring in fruit and vegetables to share and to try everything on the menu.
- Organic crackers, muesli and rice are provided, with a different grain on each day of the week.
- Water and herb teas (not fruit juice) are provided to drink.
- On birthdays, festivals and other special occasions, children are encouraged to share something special and a sense of occasion is fostered.
- Water is always available to drink.
- Food is not used as a reward.

Food Safety

- Staff involved in food preparation must possess a basic food safety certificate
- Staff preparing food must comply with a good hand-washing regime
- Areas where food is prepared must be cleaned daily and inspected at the start and end of snack time/ lunch.
- Cutlery and crockery used in food preparation or consumption must be inspected for cleanliness prior to use. Crockery and glassware must not be chipped.
- Staff must ensure that spills are dealt with promptly and safely and that surfaces are left clean
- Staff must ensure that food is of a good quality and not spoilt
- Staff must ensure that food waste is disposed of in accordance with recommended practices.

Endorsement:

Name: Linda Parker

Position: Chair of ECTE

Date: 28/11/18