



**SLINDON  
COLLEGE**

# FOOD POLICY

Last review: February 2026  
Next review: February 2027  
Prepared by: Mark Kennedy, Catering Manager

Approved by: H&S Committee

Slindon College is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This is achieved by a whole school approach to food provision and food education documented in this policy. The policy was formulated taking into consideration the School Food Standards and through consultation between members of staff, governors, parents and pupils. Consultation takes place regularly via a variety of different routes such as surveys, school council feedback, staff and parents/carers meetings.

### **Aims**

The main aims of our food policy are:

- To provide a range of healthy food choices throughout the school day;
- To support pupils to make healthy food choices and be better prepared to learn and achieve;
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

### **Food Safety**

We aim to ensure our food is safe to eat. We understand and accept our responsibility to comply with the requirements of food safety legislation. We have implemented food safety management control procedures based on the principles of HACCP. We provide the catering team with training on these procedures.

### **Food Provision at Slindon College**

#### Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The College offers breakfast to all boarding pupils and any pupils who their circumstances don't allow suitable breakfast provision at home. The breakfast menu includes: toast and spreads, a selection of cereal, milk and milk alternatives, eggs, pastries and occasionally sausage or bacon pastries.

#### Lunch

Slindon College employs a catering team and all meals are prepared in the school's kitchen. All meals are served in the dining hall.

The College's menu is published on a weekly basis on the website and always contains a meat, fish and vegetarian option. Some pupils with sensory difficulties are allowed to bring their own packed lunch. This forms part of their provision and it is monitored by the Learning Support Team.

#### Dinner

Dinner is provided for all the boarding pupils and residential staff. The dinner offer follows the same principles of the other meals at Slindon College and is

published on the weekly menu. Boarders also have access to snacks and limited tuck is also allowed and monitored by the boarding staff.

### Packed Lunches

Slindon College provides packed lunches for trips and/or other educational activities when access to the dining hall is not available. The College's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), choose wholegrain where possible;
- 1 portion of fruit and 1 portion of vegetables or salad;
- Dairy food such as cheese or yoghurt;
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts.

Access to water for reusable water bottles is always offered.

### Snacks

The College understands that healthy snacks can be an important part of the diet of young people. School snacks are made in house utilising good quality ingredients. Additionally fruit is also offered during breaks.

Some pupils with sensory difficulties are allowed to bring their own snacks. This forms part of their provision and it is monitored by the Learning Support Team.

### Drinks

The College is a water only school, with the exception of milk (and milk alternatives) and orange juice offered during breakfast. Pupils are encouraged to bring a water bottle and keep it topped up throughout the school day.

## **Rewards and Special Occasions**

### Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

### Special Occasions

The school recognises the importance of celebrating birthdays and special occasions. Day pupils are actively discouraged to bring in food items to mark

special occasions as this could harm some pupils with allergies and/or intolerances and make others feel left-out if they can't reciprocate.

However, boarding pupils are allowed to celebrate their birthdays by choosing or bringing suitable food. Parents/carers are consulted before any celebrations take place.

For special College events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

### **Curricular and Extra-Curricular Activity**

Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Cookery. The Eatwell Guide (Appendix 1) is used throughout the College as a model of understanding a balanced diet. Termly clubs such as farm club, horticulture etc. also support the understanding of growing food and healthy eating.

### **Special Dietary Requirements**

The College does everything possible to accommodate pupils' specialist dietary requirements including medical conditions, allergies, intolerances, sensory difficulties and religious or cultural practices.

Individual care plans are created for pupils with food allergies. The pupils' profiles are kept up-to-date by the Matron and are accessible by all staff.

The following allergen Information is displayed on the weekly menu.

*"All our food is prepared in a kitchen where nuts, gluten and other allergens are present. Our menu descriptions do not include all of the ingredients. If you have a food allergy, please inform the kitchen team before ordering. Full allergen information is available on request"*

### **Expectations of Staff and Visitors**

The College expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

All staff are also expected to eat the school lunch provided free of charge whilst sitting with pupils in the dining hall.

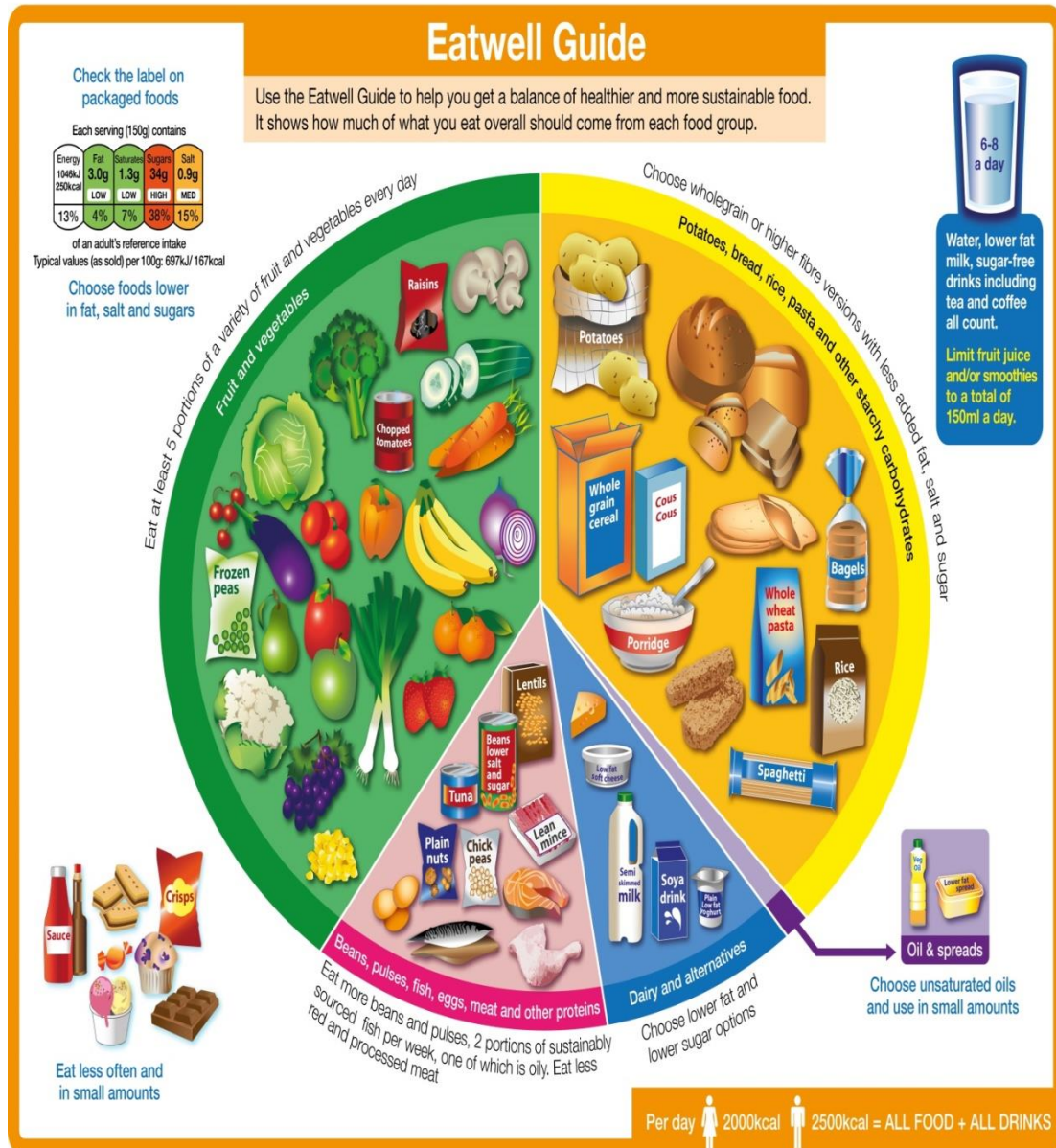
### **Parents, Carers and Family Members**

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. The Cookery Department handbook is shared with all parents/carers so healthy eating discussions and planning can take place at home as well as at the College. Our Occupational Therapists can also provide support, offer practical advice or sign post to further services if parents/carers are concerned about their child's avoidant/restrictive diet.

### **References**

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

# Appendix 1 – Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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