

"Responsible Caring and Secure, preparing you for your future"

Roehampton Church School



Food Policy

March 2019

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Following our Healthy Lifestyles Week, which took place on the week of the 30th March 2009, the staff and the pupils both decided upon the types of foods we should see in our lunchboxes.

It was decided that there should be a balance of foods, in order to provide the children with a range of vitamins and minerals, whilst giving them the energy to grow healthily, and learn effectively.

A traffic light system has been introduced.

Red foods

These are foods high in fat, salt or sugar. They are limited to a maximum of one of these in a lunchbox. These should only be put in to a lunchbox with all three colours present, NOT on their own. You may decide that you do not wish to include any red foods.

Amber foods

These foods are foods which provide us with a lot of energy. If we eat too many of these, and don't burn it off with the exercise we do, they will be stored as fat. They are limited to a maximum of two per lunchbox.

Green foods

These foods are low in fat, salt or sugar and you can include as many of these types of foods as you like!

Please see overleaf for food lists and guidelines.

RCS Food lists and Guidelines

Red

Chocolate biscuits
Chocolate spread sandwiches
Crisps
Pizza
Salted/coated popcorn
Sausage roll
Sugar pancakes
Chicken nuggets
Spring rolls
Samosas
Puddings

Amber

Cold meats
Pasta
Bagels
Sandwiches
Boiled eggs
Cheese
DairyLea triangles
Babybels
Cheese strings
Rice
Tuna mayo
Chicken sticks
Plain popcorn
Unprocessed fish

Green

Yoghurt
Fruit
Raw vegetables and humus
Vegetables
Mixed salads
Vegetable soup
Baby tomatoes
Sweet corn
Sugar free jelly
Fruit juice
Water

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Important Additional Information

- Green and Amber foods should be eaten in preference to Red foods when beginning to feel full.
- Fruit juice is only permitted as green, if accompanying food. All other times, fruit juice should NOT be drunk in school. Water bottles should be used instead.
- Red foods are only allowed as part of the lunchbox meal. They should not be considered as a breakfast snack on the school premises, a break time snack, or given as a treat.

Water bottle policy

Children have the right to drink water throughout the day. Water fountains are accessible at various points around school, including the playground. Children may bring a clear plastic bottle of water to school, or a flask. When flasks are brought instead, they may be checked to see if they are just water. This is to prevent oral health problems, as sugary drinks are the leading cause of tooth decay. Please note, this is a change in the drinks policy, **fruit juice and other sugary drinks should not be brought in to school for break times.**

Birthdays, Celebrations and Treats

In the past, it has been custom to share cake and party bags, if parents have sent them in. Whilst we would still like to acknowledge the children's birthdays by singing and clapping, we feel that bringing sugary and fatty food in for these occasions does not benefit the children's health. We would ask for you to refrain from doing so and any cake or sweets that are brought into school will not be handed out. If parents still want to send in party bags, they should put fruit or small toys inside the bags instead.