

Bradfield CE Primary School



Statement for Healthy Eating

Updated November 2016

At Bradfield, we promote healthy eating.

Snack Time for: EYFS and KS 1 (Infants)

At playtime the children may select a fruit or vegetable snack provided for free by the Fruit Scheme. Parents may choose to send in fruit from home if it is preferred. The children may drink milk, which is delivered for free up to the age of 5. If a parent wishes their child to continue to have milk, after their 5th birthday, it must be purchased through the Milk Scheme – Please contact the school office or visit www.coolmilk.co.uk for further details. Water is always freely accessible throughout the school day, but parents should supply a named, sports style drinking bottle, for their children to use when they are thirsty.

KS2 - Juniors (morning playtime)

Parents may provide their child with either a fresh fruit or vegetable snack. If a parent wishes their child to have milk, it is available to purchase through the Milk Scheme, www.coolmilk.co.uk. Water is always freely

accessible throughout the school day, but parents should supply a named, sports style drinking bottle, for their children to use when they are thirsty.

Lunch Time:

Our school meals are devised by ISS Facility Services and are prepared here on site by our own team.

They say:

“Delivering delicious, balanced school meals is our pride and passion. Here at ISS Education we really are all about the food and how it is sourced and prepared.

Our aims are to create a variety of tasty, healthy and satisfying dishes for young people to enjoy.

Your child’s school meals offer the following:

- 95% fresh ingredients
- Locally sourced British farm assured fresh meat
- Locally sourced Red Tractor seasonal fruit and vegetables
 - Sustainably sourced fresh fish
 - Dolphin friendly tuna
 - Freshly baked bread
 - Free range eggs

We choose our ingredients very carefully and select them according to exacting standards.

- All of our ingredients can be traced to source
 - Our suppliers are meticulously selected
- We do not use genetically modified ingredients
- None of our food contains artificial additives or colourings
 - No saturated fats are ever added to our meals

Food for Life

The Food for Life award scheme from the Soil Association is helping us reassure our customers that the food we serve exceeds British welfare standards. In addition, we have increased the items of organic and local produce on the menu.”

There is a choice, which includes a vegetarian option, and a choice of vegetables, and a salad bar daily.

For dessert, we offer a hot or cold pudding.

There is always water available on the tables.

We will also be able to cater for special dietary or cultural requirements on request.

All KS1 (Infant) children are entitled to a free school dinner.

For those children who prefer it, a home packed lunch, can be brought in. We encourage parents to follow health guidelines, to incorporate food from the main food groups, and take care to avoid too much sugar or saturated fats. We request that your child only brings in water to drink.

We encourage the children to eat healthily, by promoting their awareness of food groups and how to have a balanced diet. This helps them make an informed choice at lunchtime and to take advantage of the choice provided in school.

Please note: We are a **NUT FREE ZONE**, which helps us to keep any children with nut allergies safe throughout the school.

