



PLAYGROUP AND KINDERGARTEN FOOD POLICY

Our food policy is based upon mindfulness of the needs of the young child's developing being.

The creation of this policy has come from many years of experience, where teachers can vouch for the fact that home packed lunches need to support practical classroom management as well as enable easy and independent handling and management by the children themselves.

GUIDELINES FOR A WHOLESOME “LUNCH” BOX

A wholegrain sandwich, or healthy wheat-free alternatives, and a fruit are both ideal and quite sufficient as a snack for a young child.

For those children who have a bigger appetite we would prefer that you supplement the lunch box with an extra sandwich rather than an array of alternatives such as carrot sticks, biltong and left over supper. While these are admittedly healthy, at school, they often take a long time to eat and so deprive the child of essential playtime. In addition some of those foods tend to be messy and complicate the process of the children washing their plates. Dishwashing is an important part of our snack time routine.

Children to bring only water to school to drink.

It is important to remember that “lunch time” is a mid-morning snack and not a full meal or treat time. Obviously we advocate that the children should be encouraged to eat healthy meals, but feel that these can be enjoyed at home during other meal times.

Children do not need a huge variety of foods. The simpler the better and they like to know what to expect. This also places a pedagogical emphasis on sustenance as opposed to treats. The variety can come in the fillings.

NOT SUITABLE:

- Chips, popcorn, sweets (even sugared dried fruit)
- Pre-packaged snacks of any kind (e.g. cheddars, pretzels, nuts & raisins)
- Sweet muffins and cakes
- “Health” bars
- Vienna sausages
- Biltong – takes too long to eat
- Nuts – takes too long to eat, and because of increasing number of children with serious allergies.
- White bread sandwiches
- Drinking or other yoghurt
- Chocolate drinks

Please remember that the other children in the class are the best, critical quality controllers of their friends' lunch boxes.



BIRTHDAYS AND FESTIVALS

It goes without saying that excess sugar on a daily basis is unhealthy. Our food policy guidelines support this fact. However by the same token, sugar is pleasurable and delightful and we therefore allow it on special occasions. For this reason we celebrate birthdays and some festivals with a traditional home baked cake (with a minimal amount of icing). Some festivals might end with a special sweet treat such as an ice cream or biscuit.

WORK PARTIES AND FUND RAISERS

Please abide by the general food policy of Michael Oak.

GENERAL FOOD POLICY

This policy applies to all markets, fairs, food sales, class fundraising and Tuck-shop. There are two categories: guidelines and fixed rules, which also apply as far as packed lunches for pupils are concerned. We at Michael Oak embrace and support the following principles, which will ensure an ever-growing awareness in the community concerning the quality of our food.

Guidelines:

- Biodynamic or organically grown ingredients are preferred.
- Home-made.
- Fresh and wholesome, avoiding the following:
 - Processed foods
 - Refined sugar
 - Margarine
 - Artificial additives and colouring
 - Genetically modified food
 - Plastic and polystyrene containers are to be avoided

Rules:

- No pre-packed snack foods such as chips, chocolate and the like are allowed.
- No concentrated sweet confectionery or sweets.
- No fizzy, artificially flavoured cool-drinks.

Any proposed deviation from the above policy requires special permission.