



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.
- Homemade.
- 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 etc. are allowed.
- No concentrated sweet confectionery or sweets.
- No fizzy, artificially flavoured cool-drinks

Any proposed deviation from the above policy requires special permission.