



# Diet Policy

<b>Policy number</b>	BS024
<b>Applies to</b>	Whole School
<b>Endorsed by</b>	Head Master
<b>Responsibility</b>	Head Master
<b>Date reviewed</b>	May 2023
<b>Next review</b>	May 2024

## Diet Policy

It is the policy of the School catering department to provide a nutritionally-balanced diet. Boys eat their lunch in the dining halls where, in a cafeteria system, they have a choice of soup, several hot main meal choices with vegetables and potato or rice, a salad bar, or a vegetarian meal, several sweet choices and fresh fruit. Chilled water is always available. For those who require it there is also a Halal choice.

Other special diets are available if medical authorisation has been provided for the boy, and the catering department is able to meet most dietary requirements on request.

Boarders also have breakfast and supper in the dining halls, at which time there is a wide choice of meals.

In the evening, back at their boarding house, boarders may have a light snack. The Boarding Houses have their own kitchens in which boys can cook meals and snacks, and there are always plentiful supplies of milk, bread, butter and preserves.

We warmly welcome feedback from boys, including via the Food Council, and work with them to encourage healthy eating.

## Cake Sales

We ask parents who bake cakes for charity sales not to use nuts or nut derivatives in their preparation. Pupils with food allergies need to know the ingredients in everything they eat. Even the tiniest amounts of nuts could cause a severe reaction. A list of all the ingredients used must be clearly labelled on the wrapping, before cakes are provided for sale.

If cakes are purchased from shops to donate to the charity sales, these must have labels with the list of ingredients on the wrapping. Even though nuts may not be listed as ingredients, cross contamination may have taken place during preparation. Our advice, therefore, is that pupils with nut/peanut or food allergies/intolerances, should avoid buying homemade cakes at these sales.

## Healthy Snacks in the Prep School

In the Prep School, only fruit or other healthy snacks are allowed and should be eaten outside during break times, and only water is allowed as a drink. Any other drinks, chocolate and/or sweets brought into school will be confiscated.

**Nuts of any type must not be brought to school under any circumstances.**

### Birthdays

Boys may bring in treats for their tutor group to celebrate their birthday; however, to ensure the safety of boys with nut allergies, only the following items are permitted: - Cadbury's Dairy Milk buttons; - Cadbury's white chocolate buttons; - Nestle Smarties; - Rowntrees Fruit Pastilles; - Rowntrees Jelly Tots; - Haribos; - Kinnerton Chocolates.

These items must be handed to the form tutor at the start of the school day and will be distributed at a convenient time agreed by the tutor. Items must not be distributed by the boys themselves at any time as some boys may be allergic to items other than nuts. Parents must ensure that the school is updated with any changes to allergy information.

On rare occasions, as authorised by the Headmaster, where cakes and/or other sweet treats are permitted in school, all items should be clearly labelled with ingredients and must not contain nuts.

The only drink that boys should bring to school is water in a clear plastic bottle, and boys should make sure that they drink water regularly throughout the day. Fizzy drinks are not allowed in school.

Chewing gum is not allowed under any circumstances.

All boys must attend lunch.