



Diet and Allergens Policy

Sharing of snacks and meals plays an important part in the social life at Dormer House School as well as reinforcing understanding of the importance of healthy eating. With this in mind, Dormer House tries to ensure that:

- All meals are nutritious, home cooked and avoid large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children's medical and dietary requirements are respected, as are the needs of vegans and vegetarians.
- Menus are planned in advance; food is fresh, wholesome, balanced and sourced from the local area where possible.
- A multi-cultural diet is offered so that the children are offered a wide range of experience.
- The dietary needs of any religious group if known is catered for in appropriate ways.
- All main meals offer the following elements:
 - protein for growth
 - carbohydrate for energy
 - essential minerals and vitamins
- All snacks brought in by the children are in line with the school's break time policy; set out in the Main School prospectus.
- Milk is provided for all EYFS children if required.
- All children are encouraged to taste all foods but there is no element of coercion.
- The older children are given responsibility for cleaning the dining area between sittings and relaying tables.
- All children are to eat school lunches unless an alternative has been agreed with the Head Teacher.

Allergens

From the 13th December 2014 new food allergens regulations changed. All schools now need to produce allergen information on the foods that they provide for the children in their care.



What are the allergens

There are 14 allergens that need to be identified when they are used as ingredients. These are:

- **cereals containing gluten**, namely wheat (spelt and Khorasan wheat), rye, barley and oats
- **crustaceans**, like prawns, crabs, lobster and crayfish
- **eggs**
- **fish**
- **peanuts**
- **soybeans**
- **milk**
- **nuts**, namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts
- **celery** (and celeriac)
- **mustard**
- **sesame**
- **sulphur dioxide or sulphites**, where added and at a level above 10mg/ kg in the finished product. This can be used as a preservative in dried fruit
- **lupin**, which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- **molluscs**, like clams, mussels, whelks,

We have always taken food safety seriously at Dormer House and cater for the needs of all our children. Allergen information now needs to be easily accessible and readily available to parents in order that parents and children can make their own informed choices. Therefore we will be providing allergen lists for all the dishes and foods served on our premises. **If parents would like to access this information it is held in the school office.**

As part of this process:

- Chef will maintain a folder of all recipes highlighting the Allergens used.
- Nest Leader will ensure that any Nest foods served in the holiday periods are added to the folder.
- When the menus are completed (or a new one introduced) they will be added to the folder and the folder kept in the school office.



**DORMER
HOUSE
SCHOOL**

- An FSA Allergens poster is displayed on the Health and Safety notice board in the School Reception and the staff room.
- All catering staff and Nest Leader should undertake online Food Allergen training and hold a certificate as evidence of completion.
- When menus are emailed to parents the following should be added to the bottom of the menus - ***A list of all ingredients with highlighted allergens is available from the school office.***

This policy is monitored by the Head Teacher and the Trustees and will be reviewed in three years, or earlier if necessary.

Signed:

Date: