



# Healthy Food Policy

*Reviewed: Autumn 2017*

*Review Date: Autumn 2019*

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Headteacher

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Date

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Chair of Governors

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Date

## **Aim**

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To ensure that all aspects of food in school meet the healthy eating criteria of Healthy Schools and support schools in achieving and maintaining status.

## **Objectives**

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all to eat a balanced diet including 5 portion of fruit and veg daily.
- To ensure that all food provided in school (7.45am – 3.25pm) adheres to the nutritional guidelines for school food.

## **Snacks**

Children in the EYFS and KS1 are offered fruit each day from the free fruit scheme. KS2 children are encouraged to bring in their own fruit or healthy snack for morning break. Children are discouraged from bringing in unhealthy snacks (dependent on special medical needs).

## **School lunches**

All our school meals are provided by Shire Catering who have a healthy food policy as part of their tender and ensure that all menus adhere to the school food trusts nutritional guidelines. Pupils need the right balance of food and nutrients to develop and grow. For many pupils, school lunch is the main meal of the day. It is important that school lunches contain sufficient energy and micronutrients to promote good nutritional health in all pupils and to protect those who are nutritionally vulnerable. The nutrient-based standards for school lunches aim to make the food offered healthier by:

- increasing the vitamin and mineral content
- decreasing the fat, saturated fat, non-milk extrinsic (NME) sugars and sodium (salt) content.

Menus are available to parents so that they can discuss with their children what they are going to choose to eat. The school also ensures that all food served at their breakfast club adheres to the nutritional guidelines and that staff have up to date food safety qualifications.

## **Packed lunches**

Lunches should contain one from each of the following food groups - bread and starchy foods (carbohydrates), fruit and veg, meat and fish, milk and dairy and low sugar and fat drinks. Optional extras could include - Tea cakes, currant buns, scones and malt loaf. Fruit cakes, muffins. Plain biscuits, lower fat crisps. We discourage sweets, chocolate bars and fizzy drinks. Regular newsletter items about healthy eating are used as a way of reminding parents about the importance of what we eat.

## **Food Safety**

Parents and carers are reminded to use an insulated lunchbox or freezer pack, freeze cartons of juice or still water in order to keep food cool and fresh. Lunchboxes are not stored in a warm place within school. All school staff working with food attend food safety training - level 1 or 2 depending on their responsibilities.

## **Water for all**

All children are encouraged to bring a water bottle to school each day to enable water to be freely available to all members of the school community. Children who do not bring a water bottle into school will be provided with a cup. Children will be given opportunities throughout the school day to drink water and will be encouraged to do so.

## **Food across the curriculum**

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as stimulus.

**Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

**Science** provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

**RE** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

**ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

**Food Technology** as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

**PSHE** encourages young people to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

**Music** can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

**Geography** provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

**History** provides insight into changes in diet and food over time.

**PE** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

### **Partnerships with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. During out of school events e.g. school discos etc; the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld and the nutritional guidance is being adhered to.

### **Monitoring and review**

The SLT and PSHE Co-ordinators are responsible for supporting colleagues in the delivery of the food policy. The Local Authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

### **Linked policies/documents:**

Home-school agreement  
Shire Catering Policies