

Food Policy

Policy to be kept in headteacher's office and main office in School Policy Folder, accessible to everyone.

RESPONSIBILITIES

Governors
Headteacher
School Nutrition Action Group
All school staff

MISSION

We believe in improving the health of our community by working with Pupils and their families on ways to establish and maintain life-long healthy eating habits by creating a supportive environment within school

Aims

1. To ensure that all aspects of food and nutrition in school promote health and wellbeing in all pupils and their families, staff and visitors
2. To increase pupil's knowledge and understanding of food production and manufacturing
eg: where does bread come from?
3. To ensure pupils are well nourished at school and have access to safe, nutritious food and water
4. To promote practices in school to reinforce these aims and to discourage practices that negate them

What we do:

- We actively promote a whole school approach to the planning, implementation, monitoring and evaluating of our WSFP.
- We find appropriate nutritional training for staff who have a responsibility for food in the curriculum.
- We design a curriculum that delivers complimentary and development nutrition messages throughout a pupil's school life.
- We ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to make.
- We create a pleasant eating environment that is appropriate to the age of the consumer/child
- We promote positive attitudes towards healthy eating by consistent modelling by all adults.
- We regularly monitor the impact of this work.

How we do this:

1. Set up a School Nutritional Action Group (SNAG) to decide priorities, timescales and allocate tasks.
2. Identify clear line of accountability. A named coordinator, preferably from SMT
3. Involve caterers, parents/carers, consumers, (both adults and pupils) in all processes that review, change or evaluate service delivery.
4. Identify and remove all conflicting information and practices eg. Classroom reward schemes, fundraising using promoting of sweets/crisps
5. Provide access to training to ensure staff are supported to carry out necessary change.

6. Provide detailed guidance to parents/carers about foods that are recommended in lunchboxes and at break times (see additional guidance)
7. A list of recommended foods for celebrations will be agreed by SNAG
8. We will carry out a baseline audit of: uptake of school meals, uptake of healthy options, lunchbox contents. We will re-audit yearly.
9. Regularly update and keep awareness going of healthy lunchboxes and eating through Home School Links ties eg: workshops and direct phone calls

Methods

- Oversee the development and implementation of this policy through the School Nutritional Action Group (SNAG), encouraging a whole school approach
- Develop changes in pupils' understanding of where food comes from through the curriculum and extra-curricular activities
- Create and sustain an environment conducive to enjoyment of safe, nutritious foods
- Encourage all pupils to eat healthily and make healthy choices through Lunchtime Supervisors, Healthy Eating Supervisor and all food providers within school
- Promote positive thinking towards healthy eating and food in school through leading by example in front of all pupils at all times-Lunchtime Supervisors, Healthy Eating Supervisor, all food providers and ALL staff

Monitoring and Evaluation

- The SNAG will meet once a term to review progress, and the Healthy Schools Leader will oversee the policy to ensure its success and continuing impact
- Healthy Schools Leader reports to headteacher
- Headteacher reports to Governors

Appendix:

- 1. Food Policy Guidelines**
- 2. Tuck Shop and Snacks Guidelines**
- 3. Recommended Party Items List**

FURTHER CONSIDERATIONS (in consultation with pupils and staff):

- **Look to providing a breakfast club**
Look to providing more opportunities to have pupils cooking in school

Appendix 1.

Food Policy Guidelines:

- **Break times**
Tuck Shop serves fruit, water, dried fruit and vegetables only
Pupils are allowed to bring in a drink (water) and fruit from home if they prefer
- **Lunch times**
A lunchtime reward system for lunchboxes and School dinner pupils is in place where pupils are rewarded for their healthy choices made. This is linked to the reward system for Houses within school.

Chocolate biscuits, cakes and crisps are allowed with a healthy lunchbox, but recommended only 1 out of 3 at any one time so the balance of a healthy meal is addressed (ie: plenty of fruit and vegetables, carbohydrates and protein with only a small amount of high sugar, fat and salty foods)

Pupils are allowed to take out their fruit to the playground after lunch to finish it.

- **Discos**

Items will be on sale: low sugar squash or water, cut up fruit pieces, small packets of sweets (limited to one bag per child).

- **Parties**

Limited selection of sugary and fatty items available together with healthier choices (see Party Items List, attached).

Pupils may choose what they bring in for the class and it is ticked off to keep amount of food brought in and consumed to a sensible level, bearing in mind that pupils have just eaten their lunch!

- **Rewards**

NO sweets of any kind or chocolate, cakes or biscuits are to be used as rewards by any member of staff.

Only **Housepoints** and **Credits** and/or other items (at the staff's discretion) are given as rewards.

- **General celebrations or festivals eg: birthdays**

Pupils may bring in a box of chocolates to share with the class at the end of the day but this is not over advertised or encouraged.

Appendix 2.

Tuck Shop and Snacks Guidelines

Tuck Shop serves:

- Bottled water
- Different fresh fruit each day
- Carrot batons
- Small packets of dried fruit

Appendix 3.

Recommended Party Items List for Healthier Eating:

Teachers use this checklist when organising with pupils who should bring what and how much

Class:

Teacher:

It is recommended that pupils must have only up to **2 red items**, **3 –4 amber options** and **as many green options** as they like from this selection:

CAKES/BISCUITS:

- Mini mince pies
- Jaffa mini rolls
- Jaffa cakes

- Milk chocolate tea cakes
- Currant buns
- Fig rolls
- Fruit cakes (small)
- Garibaldi biscuits
- Malt loaf, slices
- Scone (plain)

FRUITS AND VEGETABLES (ANY, INCLUDING):

- Apples
- Dried fruits
- Fruity bytes
- Fruity flakes
- Dates (a handful)
- Olives (a handful)
- Carrots

CRISPS:

- Thai bites
- Snack-a-Jacks
- Pretzels
- Popcorn (plain)
- Twiglets
- Crisps (small packet) or Low fat crisps (small packet)

BREADS:

- Chapattis (plain) or with small amount of low fat curry
- Crispbreads with small portion of cheese
- Pitta breads and dips (tomato salsa/houmous/mint and cucumber)
- Rice cakes
- Breadsticks
- Cream crackers
- Rich tea biscuits

CHOCOLATE:

- Milk chocolate bar/biscuit (snack size)