

# A St. Michael's CE (VA) Junior School Policy



## Food & Healthy Eating Policy

Reviewed by Business Management Resources:	Spring 2016
Ratified by Full Governing Body:	Spring 2016
To be reviewed:	Spring 2018

## **Mission Statement**

Our school recognises the importance between good nutrition and pupils' emotional and physical health and well-being. It also recognises how this can affect their ability to maximise their educational attainment.

## **Policy Aim**

- To promote consistent messages throughout the whole school by ensuring all policies, procedures and daily working practices follow this policy.
- To make sure that nutrition has a prominent place in school life.
- To offer healthy food and drink at all appropriate opportunities.
- To ensure the food environment promotes a happy, pleasurable experience.
- To maintain the Healthy Schools accreditation
- To reflect the new school food standards regulations which allows our cooks to create imaginative, flexible and nutritious menus.
- To ensure that all packed lunches brought from home provide pupils with healthy and nutritious food.

## **PRACTICE**

### **Curriculum**

Children are taught about food, eating healthily and the digestive system in Science. They are given opportunities to analyse foods, undertake cooking activities and consider the power of advertising in Technology. In PSHE they are encouraged to think about healthy lifestyle choices.

### **Extra Curricular Activities**

Any food provided on site but out of school hours, or at events/activities held off the school site but during school hours, must comply with the Government's revised **School Food Standards 2015** (see Appendix A). This includes SMASH events, school productions and performances and sporting activities, etc. Some exceptions may be made for special events.

### **Tuck**

Fresh fruit and vegetables may be brought from home for consumption at playtime. The school runs a tuck shop selling a range of fresh fruits, vegetables and wholemeal bread sandwiches.

### **School Lunches**

The school runs its own hot meals service with most ingredients sourced locally. Menus run on a four-week cycle with a daily meat and vegetarian option. These menus are produced in-house in accordance with current **School Food Standards** (see Appendix A) and are reviewed regularly in conjunction with ECC. Salad and fresh fruit are provided daily. Special themed lunches are organised to celebrate festivals and other special events. Parents are invited to join their children for a hot dinner once a term.

### **School Grab and Go**

A healthy packed lunch option (Grab and Go) is also available for children to purchase. This is also produced in accordance with the revised **School Food Standards 2015**.

### **Packed Lunches from Home**

Some children choose to bring a packed lunch from home. Children with packed lunches are able to eat their lunch in the school hall alongside children eating school lunches. The school will work with parents to encourage packed lunches to meet **School Food Standards 2015**. Packed lunches should include:-

- At least one portion of fruit and one portion of vegetables every day
- A portion of protein every day
- A portion of carbohydrates every day
- A portion of dairy every day
- A healthy drink every day
- One small cake or biscuit maybe included if you so wish

Please see Appendix B for suggested options.

Appendix C contains information from the Change 4 Life website regarding healthy packed lunch menus.

**Please note that we are a nut free school and do not allow any nuts or food containing nuts to be consumed on the premises.**

### **Water**

Each child is expected to bring a named and filled water bottle to school each day throughout the year. A water cooler and water fountains are available for children to use.

### **School Garden**

Our children are given the opportunity to grow vegetables in our extensive vegetable gardens and greenhouse as part of their learning about plants. Children are responsible for sowing, nurturing and harvesting the produce, much of which is used by our school cooks for the children's school lunches. Our children are able to truly see where their food comes from, from seed to plate.

### **Monitoring and Review**

The implementation of this policy is monitored by the Healthy Schools Coordinator and Governor, and reviewed by the Governors' Pupil and Curriculum Committee.

### **What we will do**

- Maintain a pleasant eating environment
- Enable the School Council to contribute their views regarding packed lunch expectations, the Food Policy and dinner menus and encourage discussion and learning about healthy eating and living
- Maximise curricular opportunities to develop children's positive attitudes towards healthy eating and living
- Establish initiatives in school to promote healthy eating and drinking messages for the whole school community
- Have basic food hygiene training.
- Continue to develop the school garden, enabling children to grow fruit and vegetables.
- Continue to monitor that all food provided for children during out of school hours activities complies with our healthy eating policy.
- Provide support and guidance for parents in the provision of healthy packed lunches.
- Submit evidence for ongoing accreditation of the Healthy Schools Status.
- Adhere to the **School Food Standard Regulations** which include:
  - ✓ 1 or more portions of vegetables or salad as an accompaniment every day
  - ✓ at least 3 different fruits, and 3 different vegetables each week
  - ✓ an emphasis on wholegrain foods in place of refined carbohydrates
  - ✓ an emphasis on making water the drink of choice:
    - limiting fruit juice portions to 150mls
    - restricting the amount of added sugars or honey in other drinks to 5%
  - ✓ no more than 2 portions a week of food that has been deep fried, batter coated, or breadcrumb coated
  - ✓ no more than 2 portions of food which include pastry each week

## Appendix B

### Suggested Healthy Eating Choices

The Food Standards 2015 recommend one item from boxes 1-5. You may wish to include 1 item from box 6. Box 7 indicates foods that should not be included..

<b>1. Fruit and Vegetables</b> Whole or pieces of fresh fruit Fresh fruit pots in juice Carrot/cucumber/pepper sticks Cherry tomatoes Dried fruit without added fat, sugar or salt e.g. Apricots	<b>2. Protein</b> <b>Fillings such as:-</b> Cheese, egg, sliced meat or fish Pulses such as hummus Cottage cheese pots
<b>3. Carbohydrates</b> Bagels Wholemeal bread Pitta Wraps Pasta Rice Noodles	<b>4. Dairy</b> Yoghurt Fromage Frais Yoghurt drink Cheese
<b>5. Healthy Drink</b> Water Milk 150 ml maximum of fruit or vegetable juice Low Fat Fruit Smoothie	<b>6. Occasionally you may want to include</b> Small cake e.g muffin, banana bread Flapjack Malt loaf Fruit scone Scotch Pancake A small biscuit e.g. a 2 fingered Kit Kat or Penguin
<b>7. Foods that should not be included</b> Processed foods such as sausage rolls, pepperoni sticks, pasties Crisps Cereal bars Chocolate bars such as mars bars, snickers, crunchies Fruit Winders	<b>8.</b>

## Appendix C

### Suggested Packed Lunch Menus from the Change 4 Life website:-

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

#### Week 1

##### **Monday**

- Tinned sardine bagel
- Tomato
- Kiwi
- Bottle of water

##### **Tuesday**

- Egg and tomato roll
- Two oatcakes and low-fat cheese
- Carrot sticks

- Dried apricots
- Semi-skimmed milk

### **Wednesday**

- Potato and sausage salad (with spring onion, pine nuts and low-fat plain yogurt)
- Fruit and low-fat fromage frais
- Slices of fruit bread
- Pear
- Bottle of water

### **Thursday**

- Corned beef sandwich on wholemeal bread
- Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)
- Banana
- Yoghurt drink

### **Friday**

- Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach)
- Nectarine
- Banana and blueberry smoothie (made with semi-skimmed milk)

## **Week 2**

### **Monday**

- Double-decker sandwich with ham (reduced salt) and salad
- Mini blueberry muffin
- Mixed dried fruit
- Kiwi
- Bottle of water

### **Tuesday**

- Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
- Fresh fruit salad with low-fat fromage frais
- Slice of banana cake
- Apple juice, unsweetened

### **Wednesday**

- Mexican chicken wrap
- Carrot sticks and baby corn
- Mixed fruit salad
- Slices of malt loaf
- Yoghurt drink

### **Thursday**

- Spicy beans and vegetables
- Mini pitta pockets
- Raspberries
- Low-fat fromage frais
- Fruit smoothie (made with semi-skimmed milk)

### **Friday**

- Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt)

- Flapjack with dried apricots
- Orange
- Bottle of water

### **Week 3**

#### **Monday**

- 6 oatcakes
- Double Gloucester cheese
- Chutney
- Salad
- Fruit scone
- Apple juice, unsweetened

#### **Tuesday**

- Cold spicy chicken strips
- Rice with beans and peas
- Slice of Jamaican ginger cake
- Low-fat plain yoghurt
- Fruit smoothie

#### **Wednesday**

- Smoked mackerel and potato salad (with mushrooms and spring onions)
- Yoghurt
- Slice of carrot cake
- Apple
- Orange juice, unsweetened

#### **Thursday**

- BLT (grilled bacon, lettuce and tomato sandwich)
- Mixed seeds
- Grapes
- Dried apricots
- Drinking yoghurt

#### **Friday**

- Poppy seed bagel with liver pate and cucumber
- Carrot sticks
- Small box of raisins, semi skimmed milk