



# Healthy Eating Policy

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in partnership with parents and carers, can make a major contribution to improving children health, by increasing their knowledge and understanding of food and helping them to make healthy food choices. We recognise that 'Being Healthy' is one of the five outcomes of 'Every Child Matters'.

### **The purpose of the policy is;**

- To encourage children to have a healthy diet;
- To inform the adults of the school community about healthy eating in school;
- To have a healthy school community.

### **Aims**

Through our healthy eating policy we will endeavour to:

1. Maintain or improve the health of the whole school community through education – what is a balanced diet and how is food prepared healthily and safely?
2. Ensure that children are well nourished at school – every child has access to safe, tasty, nutritious food and water during the school day.
3. Increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.
4. Ensure that the food provision in school reflects the ethical and medical needs of all pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies.
5. Meet nationally agreed Healthy Schools Standards in Healthy Eating.

### **Curriculum**

Within the curriculum, healthy eating, food safety and an understanding of where our food comes from will be taught. Where possible this will be cross curricular, for example:

- PD – understanding good practise re exercise, eating, sleeping and hygiene
- UTW – understanding of growth, decay and changes over time
- Art – observational drawing of fruit and vegetables, healthy eating posters;
- DT – recipes, food preparation and cooking;
- English – instructions and recipes;
- Maths – weights and measures;
- PE – healthy eating and drinking, exercise;
- Science – healthy lifestyles, how plants grow;
- RE – the rich diversity of other cultures and times;
- Geography – where food comes from;
- History – what people used to eat;

### **Opportunities to support and extend the curriculum will be made through:**

1. Cooking; both on the timetable and through Cooking Club
2. Visitors e.g. Perform, who deliver workshops
3. Healthy Eating Week; Celebrated through School Lunches in collaboration with Herts Catering
4. Breakfast Club offered.

### **Shared Eating – Home and School**

Our healthy eating guidelines are:

- We eat 5 pieces of fruit or vegetables a day.
- We drink water throughout the day. Water is easily accessible from the fountain. All children should have clear, named, water bottles. These should be filled at home each morning and are stored in the classroom and refilled if needed.

- Milk is another healthy drink. It is available in school for those children having a school dinner and at snack times for children until their 5th birthday, or if it has been purchased by the parents.

We do not allow:

- Sweets
- Fizzy drinks
- Nuts

### **Healthy Snack Policy**

We participate in the school Fruit and Vegetable Scheme which provides the children with a daily piece of fruit or vegetable. Children receive this at break time or in the Early Years, at Snack Time.

### **Lunchtime**

This is a pleasurable, social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal providers are Herts Catering Limited and we continue to work closely with them to improve the uptake of school meals and to ensure good quality.

### **Packed Lunches**

Children may bring packed lunches to school; we emphasise to parents the importance of a healthy lunch by promoting good practice. No sweets or nuts are allowed. A child will bring home the remainder of his/her lunch to inform parents how much has been eaten. Children may not bring tins or glass bottles. Packed lunches should include a carbohydrate, such as bread, pasta, as well as fruit and vegetables. A drink should be provided, our preference is for water. Water is also provided on the table for children to help themselves. Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars. Children's' lunch boxes should offer balanced nutrition. Across a week parents/carers are encouraged to offer a variety of healthy foods in accordance with Government recommendations. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box. For further information visit the following websites:-

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#yQHZiqv8he8BpYmd.97>  
<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/what-to-put-in-a-lunchbox/>

Where meals do not appear to be well balanced, a member of staff will talk to parents in a timely and sensitive manner.

To meet the National Nutritional standards, School Dinners for pupils at Cunningham Hill Infant School will contain at least one item from each of the following food groups:

- Starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week.
- Fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week.
- Milk and dairy foods.
- Meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least one a week. Cheese may be included in the meat/fish protein group for primary children.

We are unable to give out sweets, chocolates or cakes for special occasion. We would encourage a healthy option.

### **Health and Safety**

- Children will be reminded to wash their hands after using the toilet and before eating.
- Food will be stored outside the Library and parents are encouraged to use insulated packed lunch boxes and to wash them regularly.
- Catering staff will hold the required food hygiene certificates.
- All staff and parents involved in the preparation of food will be aware of food safety and hygiene issues and must read the policy before working with the children.
- Staff will be aware of any allergies and ensure that we know how to recognise and respond appropriately should the need arise. Children with allergies are identified in every classroom for all staff to be aware of and for the care plan to be followed.

### **Links with Home**

We recognise the need to work closely with parents and the wider community. Our Midday supervisors carefully monitor all children's food and drink intake. We will endeavour to keep parents informed, working closely with the school nurse and other members of the Primary Care Trust and other agencies. All Parents will be given a copy of the Policy when they are new to the School.

### **Websites -**

[www.sustainweb.org](http://www.sustainweb.org)

[www.healthedtrust.com](http://www.healthedtrust.com)

<https://www.nhs.uk/Livewell/5ADAY/Pages/5ADAYhome.aspx>

[www.bda.uk.com](http://www.bda.uk.com) (British Dietetic Association)

[www.nutrition.org.uk](http://www.nutrition.org.uk)

[www.foodstandards.gov.uk](http://www.foodstandards.gov.uk)

[www.foodinschools.org](http://www.foodinschools.org)

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

<https://www.gov.uk/school-meals-healthy-eating-standards>

<https://www.nhs.uk/change4life>