



Healthy Eating Policy

Nevill Road Infant School

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1. Aims, purpose and responsibility

Why do children need to eat well?

- What children eat today shapes how they'll eat for the rest of their lives
- Too many children are not getting enough of the right foods to eat, and too little of the foods that help keep them healthy
- When children eat better, they do better; they are both physically and mentally prepared to reach their full potential
- Being able to cook is an essential life skill; it all starts with getting children excited about food
- Eating good food is one of life's real pleasures; every child should know how it feels to enjoy a tasty meal with people you love
- A little bit of what you like, does you good!

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why a policy is needed?

At Nevill Road Infant School we recognise the importance of a healthy diet and the role that it plays in supporting children's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We have all too often witnessed the 'afternoon slump' after sugar filled lunch boxes have been consumed, and the effect that this has on behaviour, learning, relationships and wellbeing. This is one of our driving factors for change, and it is very simple, quick and cost effective to resolve. We will work together with parents and carers every step of the way to ensure that our children benefit from a healthier lifestyle.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains:

- How we promote healthy eating
- That we are a nut and nut product free school

- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating

We aim to:

- Increase knowledge and awareness of a healthy diet through daily life at school, assemblies, our PSHE and Science curriculum in KS1, and Personal, Social, and Emotional (PSED), and Physical Development (PD) in the Early Years
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating / healthy food choices and discouraging unhealthy eating / unhealthy food choices by promoting "a little bit of what you like, does you good" attitude
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor
- The subject leaders of PSHE, PE, Science, and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, PE, Science, and DT planning, and through our adult led and child led learning for PSED and PD in EYFS
- The lead governor on health and safety ensures the policy is implemented
- Caterers (Dolce) and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment
- Parents have access to Dolce Live Kitchen where they can see the catering menu for the term and this is shared with the children in advance.
- This policy takes account of national guidance produced by the School Food Plan, and Change4life

2. Food in the curriculum

Food, its production and preparation, are an important part of the curriculum for all pupils and in KS1 this is taught across the curriculum through Science, PSHE and PE and DT, and in EYFS this is reflected in our learning opportunities for PSED and PD. We ensure that pupils participate in food related activities and education from Little Brown Bears to Year 2, in line with the National Curriculum and the Early Years

Foundation Stage, developing their understanding of food related issues including food hygiene and safety issues.

This policy will contribute towards other policies in the following ways:

- Behaviour: Children who eat healthily are more focussed on their work and behaviour is better
- PSHE & PSED: Healthy food and choices and practical food education is included in the curriculum
- PD: Learning how to use a knife, fork and spoon properly and drink from a cup without a lid is part of the physical development curriculum in EYFS
- Science: Healthy eating and nutrition is part of the science curriculum
- Enrichment: Hands on opportunities for children to prepare and cook food
- Equality: We take account of the needs of all our children, including those with disabilities and allergies

Curriculum assessment

In KS1, children's learning about healthy eating is assessed in line with the school's assessment policy through Science and PSHE. In EYFS it is assessed through the PSED and PD areas of learning.

3. School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. The menu is available on the school dinner ordering system, Dolce Live Kitchen, and access to this can be gained by contacting the school office. Once parental / carers consent has been given to share a child's details with Dolce, the school office will send a link via email.

The dining area has a vibrant, positive and social atmosphere where children eat with friends and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods from the salad bar, and we encourage all parents to take free universal school meals where there is an entitlement for children from Reception to Year 2.

4. Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. We aim to ensure that all packed lunches brought from home and consumed in school or on school trips provide children with healthy and nutritious food that is similar to food served in schools and is in line with the School Food Standards.

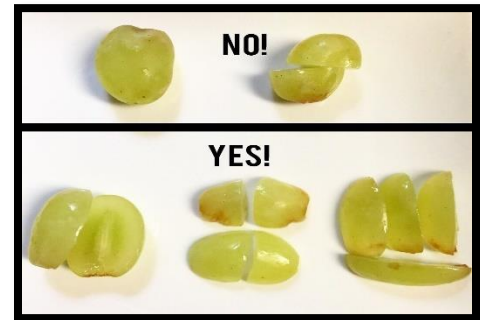
Packed lunches may include a limited amount per week of:

- Meat products such as sausage rolls, individual pies, corned meat and sausage / chipolatas (no more than twice a week)
- High fat and high salt snacks such as crisps (no more than twice a week)
- Cakes and biscuits (no more than twice a week)

Packed lunches **must not** include:

- Nuts or any products containing nuts such as cereal bars, chocolate and hazelnut spread etc

- Grapes that have not been sliced vertically
- Fizzy drinks
- Sugary drinks
- Energy drinks
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum



This guide shows parents and carers how to make a healthy packed lunch

Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body
Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain

Use a thermos flask to keep pasta warm

Get kids involved in the shopping!

2 Fruit and Vegetables

to keep you healthy
Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup

Add salad to your sandwiches

Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones
Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard

Choose low sugar dairy products

Choose the right amount

Choose low sugar plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair
Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks

5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

Milk, water or 150ml juice

Occasionally!

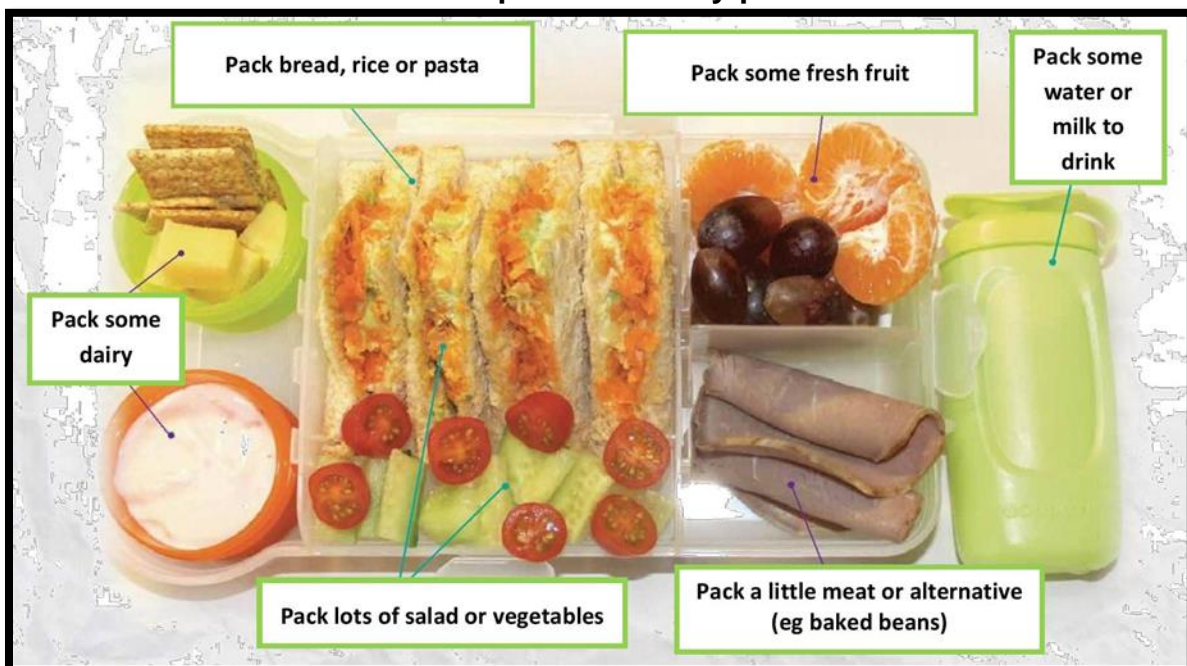
Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk

Here is an example of a healthy packed lunch



Weekly packed lunch planner

Parents and carers are encouraged to plan packed lunches alongside their child, giving the child some choice over the items in their lunch box. It is important to include all food groups and have variety from day to day.

Here is an example of a weekly packed lunch planner

Day	Starchy Carbohydrate	Fruit and Vegetables	Dairy and Alternatives	Protein	Drink	Treat
Monday	Pasta salad with cucumber, sweetcorn and tuna flakes	Cucumber and sweetcorn in pasta salad Banana	Individual cheese portion (e.g. Babybel)	Tuna in the pasta salad	Carton of fresh apple juice	Ready salted crisps (multipack size - 25gm)
Tuesday	Ham and cheese sandwich	Cucumber slices Halved cherry tomatoes	Cheese in the sandwich Low fat, low sugar yoghurt	Ham on the sandwich	Carton of fresh orange juice	
Wednesday	Pitta bread	Pepper sticks Carrot sticks	Soft cheese (e.g. Philadelphia)	Houmous	Carton of fresh pineapple juice	Mini sausage roll
Thursday	Bread roll with Cheese and tomato	Tomato on the bread roll Apple	Cheese on the bread roll Milk as the drink	2 x Mini pork sausages	Milk	
Friday	Wrap with egg mayo and salad	Salad leaves on the wrap Grapes sliced vertically	Low fat, low sugar yoghurt	Egg on the wrap	Fruit shoot style drink	Plain sponge fairy cake

How to make healthy swaps

Parents and carers can download the free NHS Food Scanner app which is a fast and simple way to find healthier alternatives; simply scan the bar code on a food item and the app lets you know how healthy the item is and suggests alternatives for the high sugar, high salt, and high fat items.



Download the free NHS Food Scanner app

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.




Scanned product

Swap product


Oreo Original Sandwich Biscuit Snack Pack 66g

Sugar
High

Sat fat
High

Salt
Med

☐ I swapped

 Remove from list

Scanned product

Swap product

McVitie's Rich Tea Classic Biscuits 300g

Sugar
Med

Sat fat
Low

Salt
Med

☐ I swapped

 Remove from list

Cost of packed lunches

Children who are eligible for universal free school meals are encouraged to take them to avoid the unnecessary cost of paying for a packed lunch. If parents or carers wish to provide a packed lunch but are concerned about the cost, they could try shopping at Aldi or Lidl who often have lower prices on staple food items, or look out for the Aldi and Lidl price match labels at supermarkets such as Tesco, Morrisons, Sainsbury's and Asda.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, children are not permitted to swap or share food items.

Packed lunch containers

Children and parents / carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Children and parents / carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. Items on **the 'must not'** include list above will be removed from the child's packed lunch and sent home with them at home time.

5. Snacks

All classes from Little Brown Bears to Year 2 receive a free snack of fruit or vegetables daily. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. Parents or carers can contact the office to arrange for their child to receive milk in school at any point during the year.

As part of promoting healthy eating children are encouraged to eat the fruit and vegetables they are given at snack time. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Unless it has been previously arranged with the Headteacher, children must not bring snacks, other than a piece of fruit, into school.

6. Breakfast and after school club

Breakfast and after school club offers a calm, clean, pleasant environment for children to eat healthy food and socialise with other children and adults. At breakfast and after school club we aim to:

- Provide food for children of families that have an early start / late finish to their day

- Improve children's education; if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid-morning
- Meet the social needs of children by providing opportunity for them to improve their social skills in a relaxed environment and with children of varying ages
- Improve the punctuality of some children who are frequently late
- An opportunity to have exercise outside when the weather permits
- Improve links between parents / carers and school / class teachers

We provide a good variety and healthy balance of foods as recommended by the Eatwell Guide (2018) which consists of;

- A good portion of starchy food, e.g. lower salt / sugar breakfast cereals, bread, toast, fruit bun, crumpet, bagel, bread stick or lower salt cracker
- Fruit and vegetable choices such as orange juice, fresh or dried fruit, and vegetable sticks
- A portion of milk or dairy food e.g. semi skimmed milk on cereals or lower-fat / lower sugar yogurt
- A choice of drinks e.g. water, low sugar juice, sugar free squash, and semi skimmed milk

Special diets and allergies

These are catered for after detailed discussion with parents

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or for any other food brought into the school. All children with a nut allergy have an individual management plan and staff are trained to recognise and manage allergic reactions.

7. Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Updated policies are available on the school website, and many are brought to Parent Council for their views too. We ask parents and carers not to send food or drinks which conflict with the healthy eating policy and we remind them that only water, low sugar juices or milk can be consumed during lunch time.

During out of school events such as trips, the school will encourage parents and carers to consider the healthy eating policy in the range of food and drinks they provide for their child. Parents are also informed of the school meals on offer through the Dolce website.

Events and Celebrations

A little bit of what you like, does you good! We want to give children the opportunity to celebrate their birthdays, and in consultation with parents and carers through our Parent Council, we have opted to continue to allow small treats to be brought into school for children to consume at home. We also have a number of fundraising

opportunities throughout the year and we aim to limit cake sales to roughly one per term.

Guidance for birthday sweets / treats is as follows:

- Children can bring celebration treats in to school but these must be consumed when the parent or carer is present, or at home
- Limit the size of the treat to no more than 20gm (fun / treat size bars / bags range from 15gm to 19gm)
- Limit the quantity to one per child
- Snacks containing sugar are best eaten as part of a meal to reduce the risk of tooth decay, this even includes raisins and dried fruit
- **There is no obligation to provide birthday sweets / treats – this is optional and about parents / carers choice**

Water for all

During lunch times, only drinks which comply with the School Food Plan guidelines may be consumed. This is limited to water, low sugar fruit juice, sugar free squash, and milk. If children bring in a sugary drink they will be asked to take it home and we will talk to parents and carers and remind them of the Healthy Eating Policy.

We have water fountains in the corridors and children are encouraged to drink water regularly throughout the day and have water bottles in class. Sugar free squash throughout the day is discouraged because Stockport schools have been advised by the SMBC Dental Health Service that it should only be consumed as part of a meal due to the trace amount of sugars that are present – even in sugar free squash!

8. Disseminating the policy

Key information from this policy will be referenced in the following forums:

- School Starter Pack
- Staff Handbook
- Governor Handbook
- School website
- Parent Council

A full copy of this policy is freely available to parents on request and is available to download on the website. Copies will be supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

9. References and further reading

Food Standards Agency (<https://www.food.gov.uk>)

School food plan (www.schoolfoodplan.com)

Change 4 Life (www.nhs.uk/change4life)

The Eatwell Guide (www.childrensfoodtrust.org.uk)

NHS Healthier Lunchboxes (www.nhs.uk/healthier-families/recipes/healthier-lunchboxes)

School Food in England (www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england)

NHS Healthier Families (www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app)