



## **WHOLE SCHOOL FOOD POLICY**

**This policy has been adopted by  
the Governing Body**

## Summary

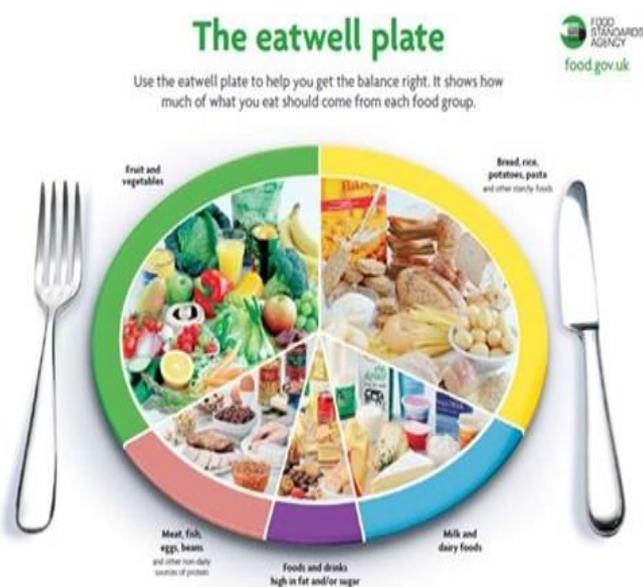
This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.

## Why is a policy needed?

At Pearl Hyde Community Primary School, we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

## National Guidance

This guidance has been written to reflect the School Food Standards, revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.



## This policy covers the areas of:

- Break time snacks including those brought from home.
- Milk
- Water / fruit juice
- School Lunches including packed lunches
- Curriculum
- Events and celebrations

The policy applies to all staff, pupils, parents, carers, governors and partner agencies working within school.

## Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

## **Milk**

Our school provides a mandatory milk scheme for children in Foundation Stage, in accordance with Government guidelines. The children are provided with a carton (189ml or 1/3 of a pint) of full fat milk. Parents can specify if an alternative type of milk is required e.g. soya.

## **Water**

Children should bring in a bottle of water every day and take it home for cleaning and replenishing daily. Throughout the children will be encouraged to drink water at frequent intervals.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs or as part of their packed lunch. See below.

## **School lunches including packed lunches**

At Pearl Hyde, all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT.

“A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment”

We will provide Universal Free School Meals for children in Foundation and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food, which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clear up after themselves at the end by tidying their plates and cutlery away.)

## **Packed lunches**

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create it healthily.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Parents are encouraged to provide healthy well-balanced packed lunches from the suggested items below. (See also appendix 1 – recommendation from Change4Life)

<b>INCLUDE:</b>
Minimum of 1 portion of fruit and 1 portion of vegetables everyday Meat/ fish eggs and non-dairy protein e.g. pulses everyday Oily fish at least once every few weeks Starchy food such as bread, pasta, rice, potatoes A dairy product milk, cheese and yoghurt Water or milk (semi-skimmed or skimmed) or 100% fruit juice
<b>LIMIT</b>
Meat products sausage rolls, pies, sausages etc Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack. Chocolate coated biscuits such as penguin bars, club bars can be included occasionally Fruit juice 150mls per day
<b>DO NOT INCLUDE</b>
Nuts, sweets, chocolate bars or sugary soft drinks

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

### **Curriculum**

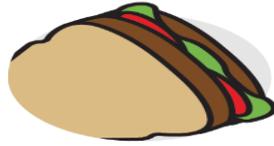
Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We re enforce our delivery of the national curriculum by holding a healthy schools week annually which enables us to focus on all aspects of well-being including healthy eating.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays and for these celebrations, we are happy for the children to bring in small chocolate/sweet treats, if they wish to for their classmates. Please be aware that due to some children having nut allergies in school we ask that you choose the items carefully. The children can also wear non-uniform for their birthday; if the date falls in a holiday, they can choose when to wear non-uniform. At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

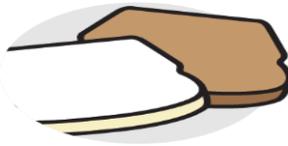
# Lunchbox tips from 'change4life'

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



## Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



## Mix your slices

If your child does not like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



## Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.

## DIY lunches



Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



## Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



## Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



## Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



## Always add veg

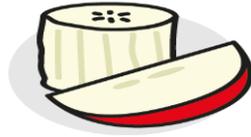
Cherry tomatoes or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY.

Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



## Cut down on crisps

If your child really likes their crisps, try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



## Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



## Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.



## Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes, as it can be bad for your child's teeth.



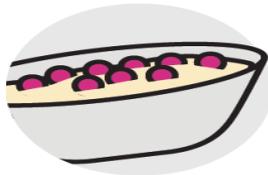
## Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



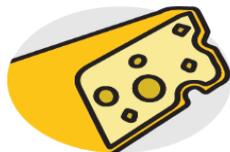
## Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



## Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



## Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.



## Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



## Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.