



All Saints Carshalton, Church of England Primary School

Policy for Healthy Eating

Contents

- Rationale/Responsibilities
- Mission
- Aims
- Objectives
- Methods
- School Lunches
- Break time Snacks

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1. Rationale/Responsibilities

The Governing Body (GB) recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The Governing Body also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Governing Body understands that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships.

2. Mission

We aim to improve the health of the school community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through food education and skills, the example given by the food served in schools, and core academic content in the classroom.

3. Aims

- To improve the health of pupils, staff and their families by helping to make healthy food choices through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To ensure that food provided by parents/carers for consumption at school (packed lunches, snacks, etc) meets the same standards as food provided by the school.
- To make the provision and consumption of food an enjoyable, social and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

4. Objectives

To work towards ensuring that this policy is both accepted and embraced by:

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Catering Staff
- The school's wider community

To integrate these aims into all aspects of school life, in particular

- Food provision within the school

- The curriculum
- Pastoral and social activities

5. Methods

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Through curricula activities to help pupils develop an understanding of food issues, growing food, hygiene, food preparation, nutrition, healthy lifestyles and the food industries.
- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

6. School Lunches

- The school is fortunate to have its own kitchen and catering staff who work hard to ensure that the children receive a balanced meal which is meeting all the Government requirements (see Menu Appendix 1).
- Regular meetings take place between the Bursar and the Caterer to ensure effective management of the kitchen and good value for money.
- The menu is changed on a termly basis to reflect seasonal changes and seasonal varieties of fruit and vegetables.
- A Packed Lunch Booklet designed by the School Council, provides useful ideas and suggestions for providing a healthy and varied packed lunch.
- Parents are asked not to send food into school for packed lunches or school trips that contain nuts as we have children in school for whom contact with nuts is potentially life threatening.

7. Break time Snacks

The school is part of the National Fruit Scheme and therefore the Nursery and Infant children receive fruit each day. The junior children are able to bring in a piece of fruit for break time.



The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/www to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*

No more than two portions of food which include pastry each week*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans

and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week*

Bread - with no added fat or oil - must be available every day



Healthier drinks*

Free, fresh drinking water at all times

The only drinks permitted are:

• Plain water (still or carbonated)

• Lower fat milk or lactose reduced milk

• Fruit or vegetable juice (max 150 mls)

• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks

• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)

• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk

• Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice

