

**Shinewater
Primary
School**



Healthy Eating Policy

Approval Date	Policy Reviewer	Title	Chair of Governors
February 2023	Mrs N Kaufman	Headteacher	J McCarthy-Penman

Frequency of Policy Review	Annually
Version	4

Introduction

Shinewater Primary School and Nursery is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils and health professionals.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The schools breakfast club is run independently for pupils from 7.45am – 8.45am. The school is also part of the DfE Magic Breakfast project.

School Lunches

School meals are currently provided by Pabulum and are served between 11.45 am and 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain both a meat (no pork) and vegetarian option with jacket potato offered as an alternative. A self-service salad bar provides a wide range of salads and vegetables to encourage children to try new healthy foods. Menus are available on the school website.

Packed Lunches

The school strongly encourages all pupils to have a school lunch as this ensures they are receiving a nutritionally balanced diet across the whole week. If parents/carers choose to supply their own packed lunch, they must adhere to Shinewater's Whole School Food Policy. The following requirements for packed lunches have been developed in accordance with guidance from the Children's Food Trust.

Packed lunches should include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps and bagels), pasta, potatoes, couscous or rice (choose wholegrain where possible)
- At least 1 portion of fruit and 1 portion of vegetables or salad.

One portion of vegetables/salad is roughly a handful (child size handful for a child's portion).

- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.

Packed lunches should not include:

- Sweets or chocolate.

You may include an extra low fat / low sugar snack such as a fruit scone, a plain biscuit, plain breadsticks, rice cakes or crackers.

The school provides water for all pupils at lunchtime and throughout the school day. For guidance, please see packed lunch suggestion sheet. (Appendix 1)

Snacks

The school understands that healthy snacks are an important part of the diet of young people. Early Years and Key Stage 1 children are all provided with a piece of fruit/vegetable during the morning. All pupils are encouraged to bring fruit/vegetables into school to eat at break-times or as an after school snack.

Drinks

Water is freely available in the school and named water bottles are provided for pupils in Nursery. Other pupils should bring in a named water bottle each day. Children are encouraged to refill their water bottle from the water cooler. Children should not bring in drinks other than water. Children are actively encouraged to drink water regularly throughout the day.

Special Occasions

The school recognises the importance of celebrating birthdays and special occasions. Parents/Carers are requested to support the school policy by refraining from distributing sweets or cakes at school. For celebration events organised in school, we welcome a variety of healthy foods from different cultures, for children to try. Parental consent will be sought, including allergy alerts.

Curricular and extra-curricular activity

Our curriculum supports the whole school food policy. There is a strong emphasis on the teaching of healthy lifestyle choices in all curriculum areas across the school. The Eatwell Guide is used throughout the school to support children's understanding of a balanced diet. (Appendix 2)

Lunchtime and after-school activities and clubs also support the teaching of healthy lifestyle choices.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual Care Plans are created for pupils with food allergies. Pupils' food allergies are recorded in the school office and the school kitchen.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors are expected to model good practice around food and drink in line with the

policy, when in the company of pupils.

Parents, carers and family members

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Appendix.1

How to pack a lunch box...in four steps

Step 1: Main Course		
Tortilla roll-up	Bagel sandwich	Grilled chicken
Hummus and pita	Cheese and crackers	Hard-boiled egg
Turkey sandwich	Tuna Salad	Pastas salad
Pizza muffins	Soup (in a thermos)	Falafels & dip
Step 2: Fruits & Veggies		
Mini tomatoes	Dried fruit	Snap peas
Apple slices	Raspberries	Broccoli
Raisins	Strawberries	Salad
Oranges	Blueberries	Celery sticks
Banana	Watermelon	Carrot sticks
Step 3: Snacks and treats		
Cheese stick	Cheese crackers	Fruit snacks
Cottage cheese	Pretzels	Low fat chips/salsa
Dry cereal	Popcorn	Apple sauce
Step 4: Drink		
WATER		

Appendix. 2-The Eatwell Guide

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving contains:

Energy	1000kJ	240kcal	100g	100g
Fat	30g	1.2g	34g	0.9g
Saturated fat	Low	Low	High	Low
Salt	7%	0.6%	26%	15%

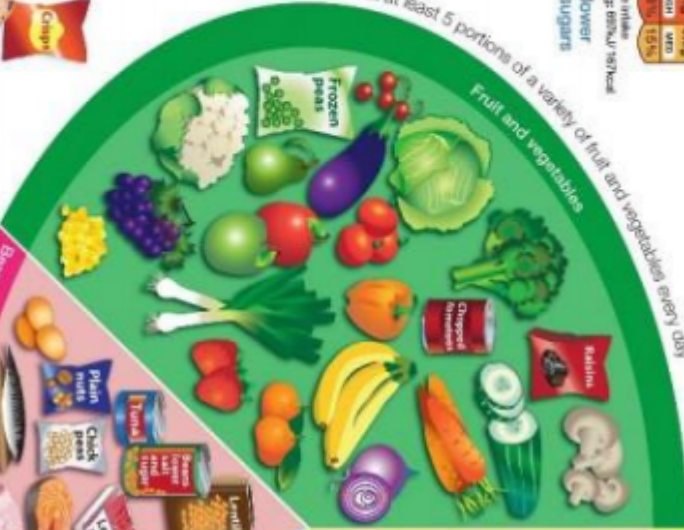
Typical values (as sold) per 100g (energy) or 100kcal of an adult reference intake

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Dairy and alternatives

Choose lower fat fat

Choose lower sugar options



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Choose unsaturated oils and use in small amounts



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: 'Food' (with) 'Exercise' in association with the Welsh government, Food Standards Scotland and the Welsh Government Agency for the Welsh language

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