



Amington Heath Primary School and Nursery
School Food Policy

School Own Policy

Approved on: 04/02/2021

Review by: 04/02/2022

This policy is written following advice and guidance outlined in/by Childhood Obesity Plan (2017), School Food Standards (2014), The Eatwell Guide and The Children's Food Trust.

Rationale

Amington Heath Primary School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day

Breakfast club

The breakfast club operates daily in the school for all children from age five. We target some children who we know have little or no time for breakfast in the mornings at home. The food offered is healthy and is consistent with a healthy diet – e.g. toast, bagels, low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit. Children choose from water, orange juice and apple juice to drink.

Snack

All our under-5s are entitled to free milk which is organised by the staff. At Amington Heath Primary School, we also provide a piece of fruit or bagel for all children in EYFS.

Children in KS1 and KS2 are provided with free fruit but also have the opportunity by toast or bagel from the school kitchen. (Contracted caterers currently provide this service)

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. A salad bar is provided and children are encouraged to serve themselves and make healthy options. Children may choose to bring a packed lunch to school. We communicate to parents/carers about the contents of these and we do not allow sweets or fizzy drinks. We actively encourage parents/carers to include healthy options through our Health Lunchbox Ideas leaflet (See Appendix 1 and 2)

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time.

Food across the curriculum

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- New Technologies can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers are regularly updated on our water and packed-lunch policies through newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

The Healthy Lunchbox Ideas leaflet, along with a letter reminding parents of the fact that we are a 'nut free school', are sent out at the beginning of each academic year, as well as distributed through the new starter and in year admissions packs.

Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion. During school events such as cinema nights, discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

Appendix One

Content of Packed Lunches

Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. **NO FIZZY DRINKS**
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit:-

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages. These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and peanut products

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Appendix Three

Name: _____

Class: _____

More healthy packed lunch ideas

Each day a healthy packed lunch should include:

- A portion of starchy food**
White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein**
Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.
- At least one portion of fruit and/or vegetable**
Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.
Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.
Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of milk or dairy foods**
Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

[Links to Guidance](#)

[The Eatwell Plate](#)

[School Food Trust](#)

[School food Standards](#)

[Childhood Obesity Plan](#)