



## **Food and Healthy Eating Policy**

**Date of Review by Governing Body:** March 2024

**Next Review Date:** April 2027

This policy has been formulated through consultation with pupils and staff, and its development must continue to be by consultation. The policy and future amendments to the policy must be communicated clearly and consistently to pupils, parents and staff.

## **Definition of Healthy Eating/Nutrition:**

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

## **Aims and Objectives:**

At Alverstoke Infant School, we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in children helps establish healthy eating habits for life.

We as a school also know the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.

At Alverstoke infant school we aim to ensure that pupils are well nourished at school and that every pupil has access to safe, tasty, nutritious food, and a safe, easily available water supply during the school day.

We want the children in our school and all members of the school community to be able to make informed choices about the importance of food and its sustainable production.

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.

The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school; enables them to contribute to healthy eating, and acts on their feedback.

The school is committed to provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene.

## **Guidelines**

In accordance with the aims and objectives of this policy, the following guidelines will apply to the food policy and provision in the school:

### **Water**

Everyone has the right to access clean drinking water. Plentiful drinking of water by school children has been recognised in improving behaviour and concentration.

All pupils are provided with a clearly labelled, plastic bottle when they begin school, alternatively, children can bring in their own labelled bottles from home. The bottles are kept in the classroom so that pupils can have access to drinks freely without needing to leave the classroom. Taps with drinking water are available in each classroom and children are encouraged to fill their bottles daily.

For health and safety reasons, pupils are required to take their drink bottles home weekly to be washed they are then refilled in the classroom when they are returned to school. Children have responsibility for emptying and refilling bottles each day.

### **Snacks**

Only fruit and vegetable snacks are to be eaten at snack time. This includes any raw fruit or vegetables which are currently supplied through the national fruit scheme. Children are encouraged to try fruit and vegetables that are provided.

## **School Lunches**

School lunches have undergone a thorough review by Hampshire Caterers, our contractors, to ensure that the children receive all the nutrients required for a balanced diet.

On a daily basis, pupils must be offered carbohydrates, proteins and vegetables on their plate. Every effort must be made to ensure that appropriate choices are available for all pupils throughout lunchtime.

We are committed to our school lunches meeting the healthy, sustainable practices listed in the aims and objectives. The school is committed to keeping parents and carers informed about recent and future changes to the nutritional content of school lunches, whether brought about by local or national initiatives.

Currently, all our school meals are provided by Hampshire's chosen contractors, HC3S. HC3S adhere to the DFE School Food Plan. Food is sourced ethically and sustainably. Meals are planned by dieticians to be tasty, healthy and compliant with school food regulations. Where possible, menus have a reduced salt and sugar content.

The school will publish HC3S menus to parents and carers on the website and, on request, at the school office.

## **Packed Lunches**

The school is committed to encouraging parents to provide healthy lunchboxes for children.

The school actively discourages some packed lunch foods. A list of foods considered to be in this category includes the following: crisps, sweets & confectionary, chocolate bars, and fizzy drinks.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We will encourage parents to include in lunchboxes those foods which are known to have a positive impact on the child's physical development and ability to concentrate and thus learn effectively. Lunchtime staff will engage with children and chat to them about what they are eating.

## **The Dining Environment**

The school will provide a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. We aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

It is also committed to the following:

- active help for children who find the physical process of school dinners or packed lunch difficult for example, carrying trays, opening tubs or packets
- gentle encouragement for children to eat the food they have been provided with.
- equal treatment of children having school dinners and packed lunches, in terms of provision and supervision.
- encouraging children to wash their hands before eating

### **Food in the curriculum**

The school curriculum will be used to enrich pupils' experience of food and healthy eating. Schemes of work will reflect the whole-school emphasis on healthy eating.

Curriculum content will focus on:

The importance of food groups and the role they play in promoting growth.

- The development of strong healthy bodies.
- What constitutes a balanced diet.
- An understanding of cultural diversity in food.
- The development of respect and understanding towards the beliefs and attitudes of others.
- How food is produced.

Subject co-ordinators are asked to develop schemes of work, detailing the learning objectives and activities relating to food, nutrition and healthy eating. We follow the SCARF PSHE scheme which teaches children about the importance of a healthy lifestyle. Nutrition and the cooking of food form part of Design Technology within the national curriculum and these aspects are taught accordingly.

Unhealthy food such as sweets will not be used as an incentive or a reward.

### **Food from home**

We do allow children to bring sweets to school to be shared with pupils for birthdays or special events. However, these must be handed to the class teacher at drop off and are only handed out at the end of the school day. Children are told that these must be handed straight to their parents and only eat them when their parents allows. Sweets containing nuts are not permitted.