

Policy for Healthy Eating

Aim

To work in partnership with families and professionals to support the children at William Austin Junior School to develop healthy eating practices that will become embedded for life.

Objectives

1. To work in partnership with agencies working with children to deliver an effective and consistent approach to healthy eating practices, and to ensure that individual cultural dietary needs are met.
2. To raise awareness with children, parents/carers and professionals to develop a positive approach to food, nutrition and oral health education.
3. To encourage responsibility and accountability of parents/carers and professionals in offering healthy choices to children.
4. To promote healthy eating and oral health, and enjoyable aspects of the lives of children in order to allow them to make independent and informed choices.
5. To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
6. To ensure that all pupils are given consistent information regarding food to enable them to make healthy choices.
7. To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.
8. To use the School Council as a means of consulting with pupils about aspects of the Healthy Eating Policy
9. To establish an annual food week in school to promote healthy eating and drinking messages during the Summer Term.
10. The 'five a day' fruit and vegetable message will be promoted throughout the school.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish, such as salmon, sardines, tuna, trout and mackerel at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water (still or sparkling), fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and low sugar smoothies.

Packed lunches should not include:

- Snacks such as flavoured crisps –instead, include seeds, raisins, fruit bars, savoury crackers or breadsticks (no added sugar, salt or fat) are a better choice and plain crisps occasionally.
- Confectionery such as chocolate bars and sweets. Instead, cakes and biscuits, e.g. fruit loaf, scone, cereal bar (low sugar).
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.

Policy Statements

- All professionals should present consistent information on healthy eating options and aim to provide healthy meals (snacks, packed lunches, drinks).
- All settings should provide access to fresh drinking water throughout the day.

- Everyone involved in working with children in promoting healthy eating habits should have opportunities for relevant training including: - basic food hygiene, knowledge of healthy eating, other relevant issues.
- A range of teaching methods and resources should be used to promote healthy eating eg activities using media such as art, music and drama, PSHCE and circle time, science and visits to the dentist, physical activity, and expertise sought from external agencies.
- Monitoring and evaluation systems should be encouraged with evidence available for inspection to an appropriate accountable body where applicable for example, Family Workers monitoring quality of packed lunches if there is a concern and speaking to parents.
- Parents/carers and professionals should be encouraged to be good role models for healthy eating.
- Food is celebrated and seen as an important part of culture and tradition.
- Food provision should reflect cultural, religious and medical needs of the children.
- A variety of food options is made available and new tastes are actively encouraged.
- Oral health care should be promoted and support services used when appropriate.

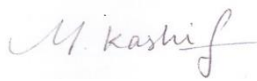
This policy will be monitored and reviewed by the Healthy Schools co-ordinator on an annual basis.

Policy updated: February 2021

Staff responsible: Paul Osborne

This policy was ratified by the Governing body on: 10 March 2021

Signed on behalf of the Governing Body:

 (signature)

Muhammad Kashif (printed)