



## Eastbrook School Food Policy

### Introduction

Eastbrook School is dedicated to providing an environment that promotes healthy eating and enables students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through on going consultation between members of staff, governors, parents and students.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds and the food nutrition standards.

### Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by Lin Southan.

### Food Policy Aims

The main aims of our school food policy are:

To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.

To provide healthy food choices throughout the school day.

### These aims will be addressed through the following areas:

#### 1. Equal Opportunities

In healthy eating, as in all other areas of the curriculum, we recognise the value of diversity and ensure that our provision and curriculum are representative of the community.

#### 2. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

#### Teaching methods

Effective teaching results in students developing their understanding of healthy eating issues and gaining appropriate skills and demonstrating attitudes that assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include planning, preparation, debating, discussion and evaluation.

#### Leading by example and staff training

Teachers and catering staff have a key role in influencing student's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

#### Resources

Resources for the teaching of healthy eating in Design and Technology and ECS and have been selected to complement the delivery of the curriculum in other subject areas. The range of materials used is available for review on request to the head teacher. A wide range of relevant books are available for students in the library and students are encouraged to use the internet for research.

### **Cross Curricular Links**

**Physical Education (PE)** students are made aware of the importance of a healthy diet and recognise the links between healthy diet and physical activity for both their short term and long term wellbeing.

**PSHE (ECS)** encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Students are able to discuss issues of interest to young people in a safe environment.

**Science** students study a range of topics that provide 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.

**Design and technology (DT)** students are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught through practical work with food, including preparation and cooking. Much of the work covered links with their science topics.

**Religious education (RE)** students experience and learn about different foods linked to a variety of religious festivals and cultural events.

### **Extra-curricular Activities**

The school provides a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

Students are involved in growing foods in the outdoor area, developing an understanding of where food comes from. Visits may be planned to local allotments and farms. Students are encouraged to eat a healthy diet when on educational visits.

## **3. Food and drink provision throughout the school day**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Many of our students report that they do not have breakfast before leaving home. We respond through education about the benefits of breakfast, the provision of breakfast bars and the ability to split their FSM allowance between break and lunch time.

### **National Nutritional Standards for School Lunches**

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government has announced National Nutritional Standards for school food. Together they cover all food sold or served in schools: breakfast and lunch. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Students are encouraged to make healthy snack choices.

### **Drinking water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water throughout the day.

### **Packed lunches**

The school encourages parents and carers to provide children with packed lunches that complement the Nutritional Standards. This is achieved by promoting healthy packed lunch options and the Packed Lunch Policy is as follows:

#### **Food and drink in packed lunches**

- The school will ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide clean and inviting dining arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches which require keeping cold in insulated bags with freezer blocks to prevent food from spoiling.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- The school ensures that packed lunch pupils and school meal pupils will be able to sit and eat together.

For a balanced packed lunch we recommend that you select a variety of foods from each of these healthier food and drink groups:

- at least one portion of fruit and one portion of vegetables or salad every day
- one portion of protein; meat, fish or another source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel) every day
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day
- dairy food such as cheese, yoghurt or fromage-frais everyday
- water, unsweetened pure fruit juice

Supplementary items can be purchased from the school canteen; including fruit and milk.

Avoid including these foods in packed lunches:

<b>Avoid</b>	<b>Why</b>	<b>Consider replacing with.....</b>
Snacks such as crisps	High in fat and salt	Low fat alternatives
Confectionery such as chocolate bars chocolate coated biscuits and sweets	High in fat, salt and sugar	Fruit bars – oat bars - nuts
Meat products such as sausage rolls, pies, corned beef and pepperoni	High in fat and salt	A healthy sandwich
Fruit flavoured Squash	High in sugar and preservatives	Plain or flavoured water

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The school also recognises that there may be children with special diets or allergies that do not allow for these standards to be met. In these circumstances parents are urged to ensure that these packed lunches are as healthy as possible, and should seek advice if unsure.

Due to food allergies, special diets and parental responsibility for their own child, students are encouraged to not swap packed lunch items.

### **1. Monitoring Packed Lunches**

Where students are regularly seen to be eating packed lunches that cause the school concern, contact will be made with parent / carers.

At this school we will provide parents/carers with information regarding Healthy Packed Lunches as and when requested. .

Students with special diets or food allergies will always be given due consideration

### **2. Dissemination of the Policy**

- The School Packed Lunch Policy forms a part of the Whole School Food Policy and is available on the school web site and on request from the School Office.
- The school will write to all new and existing parents/carers to inform them of the policy
- The school will use opportunities such as parent/carer evenings and Healthy Living weeks to promote this policy as part of the whole school approach to healthier eating
- Teaching and non-teaching staff, midday supervisors, catering staff, school nurse, parents, carers and pupils will be informed of this policy and will support its implementation.

### **5. Special Dietary Requirements**

#### **Special diets for religious and ethnic groups**

The school provides food in accordance with students' religious beliefs and cultural practices.

#### **Vegetarians and vegans**

The school offers a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

#### **Food allergy and intolerance**

Individual care plans are created for students with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **6. Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about our legal requirements.

### **Monitoring and Evaluation**

Parent/Carers can track and monitor their child's record of purchases from the canteen through their individual Parent Pay account.

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The school will evaluate the impact of the healthy eating policy through monitoring the food purchased, the waste and through feedback received from students, parents and governors. This policy will be reviewed every 3 years.