

# Healthy Eating Policy

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## **Introduction:**

At Eastfield Primary Academy we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school, we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition, but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that all adults (staff, parents, and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times.

As a 'Teeth Clean' school we are also promoting good dental hygiene; this is promoted through the food that is available and the provision of water bottles to reduce dental decay from foods and drinks that contain high levels of sugar.

## **1. Aims and Objectives:**

- 1.1 To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- 1.2 To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- 1.3 To develop a positive attitude towards their eating habits.
- 1.4 To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- 1.5 To help children understand that some foods should be eaten in moderation.
- 1.6 To work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- 1.7 To improve dental hygiene across Eastfield.
- 1.8 To work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each child.
- 1.9 To involve, where possible, children and parents in decision making.

## **2. Organisation – Curriculum:**

- 2.1 In the Foundation Stage, KS1 and KS2, healthy eating is addressed through:
  - ✓ Cross-curricular links
  - ✓ Discussions between staff and children, and between children themselves
  - ✓ Whole school themes

## **3. Early Years Foundation Stage and Key Stage 1/Key Stage 2:**

- 3.1 Subsidised milk is available for children in Nursery and Reception.
- 3.2 Each child is given a free piece of fruit daily in the Early Years Foundation Stage and Key Stage 1. Seasonal fruit is available each day e.g. apples, pears, oranges, bananas,

strawberries etc. This provides children with a daily healthy snack and the social experience of eating together.

- 3.3 A 'Tuck Shop' is available at morning break to children in Key Stage 1 and Key Stage 2 for a small cost. We endeavour to provide a healthy range of snacks and toast. However, parents and carers are encouraged to send their child with a healthy snack of fruit or vegetables e.g. apple, orange, carrot sticks or cucumber strips etc. for morning break. Other items such as: sweets, crisps or biscuits are not permitted.
- 3.4 All children are provided with a water bottle on admission to Eastfield and this can be filled across the day from the public water fountains that are easily accessible around the school; flavoured water, squash or fizzy drinks are not permitted as they increase the risk of dental decay.

#### **4. Breakfast/After-School Club:**

- 4.1 A range of healthy, low sugar cereals, toast, crumpets and pancakes are available to the children on a daily basis. Apple and orange juice are also available at Breakfast Club to help boost children's vitamin levels. Once a week, a cooked breakfast is available; all food is grilled and wherever possible, low fat/reduced sugar options are sourced.
- 4.2 Cooking Club is part of our after-school provision, and we use this as an opportunity to cook healthy food recipes with our children.

#### **5. Lunchtime:**

- 5.1 Eastfield lunchtime menus are agreed between the school and the catering staff. Local preferences are considered within the framework of the nutritional standards. Termly theme days are held and linked to curriculum areas or calendar events.
- 5.2 The lunchtime meal offers a choice of foods, which allow our children to exercise their knowledge of healthy eating. We currently use Mellors as our preferred catering service, who follow the healthy schools' guideline.
- 5.3 There is a three-week cyclic menu offering a choice of three main meals daily, one of which is suitable for Vegetarians. The menu includes healthy meat and fish options, and a sandwich option; a range of vegetables and freshly prepared salads are also available. Fruit, yoghurts, freshly made biscuits and flapjack, along with cheese and crackers are options that are available instead of the main dessert.
- 5.4 Children are encouraged to try and eat their lunch; to try vegetables and main options that are new to them, even if it is a small portion. No child is made to finish all of the food that they are offered; we are aware that appetites vary from person to person. However, we do actively encourage our children to "try a little bit more" to ensure that they are not hungry later on in the day. If we have any concerns regarding the quantity of food being eaten by our children at a lunchtime, parents and carers will be made aware of our concerns.
- 5.5 Guidelines are followed that ensure that our menus include:
  - ✓ Reduced fat, sugar and salt
  - ✓ Increased fibre
  - ✓ A wide range of freshly prepared salad and a range of vegetables available daily
  - ✓ Tinned fruit in natural juices
  - ✓ Fresh fruit and yoghurt
- 5.6 We recognise the value of school meals to all our children and we promote them to all. The procedures for free school meals is actively promoted to all parents and a non-discriminatory process is emphasised.
- 5.7 Water is available on all dining tables.

#### **6. Packed Lunches:**

- 6.1 For children who opt to have a packed lunch, we ask that packed lunches are in a named packed lunch box/ bag/ container.
- 6.2 NO SWEETS, NUTS, CHOCOLATE BARS OR FIZZY DRINKS ARE PERMITTED; we are promoting a healthy diet for our children with the aim of reducing childhood obesity and to improve dental hygiene. We do not allow nuts, as some children may have nut allergies and we aim to safeguard all children.
- 6.3 Children should always have a sandwich, wrap, pasta or rice dish as part of their packed lunch, along with some fruit or vegetables, yoghurt and biscuit; a chocolate biscuit such as a KitKat, Blue Riband or Penguin etc. is acceptable. Parents are more than welcome to send in a drink such as fruit juice, squash, milk-shake, milk and water etc. (*See Appendix 1 for further guidance*)
- 6.4 Water is provided if the children have not brought a drink with them.
- 6.5 Packed lunches are stored on trolleys in a cool area.
- 6.6 Any uneaten food is returned in the children's packed lunch boxes so that parents and carers can monitor what their child has eaten whilst at school.
- 6.7 Staff monitor the dining room at lunchtime to ensure the safety of our children; if children are seen eating sweets, nuts, chocolate bars or fizzy drinks, a slip will be sent home in the child's lunch box to remind parents and carers of our expectations.
- 6.8 Once a term, staff and children share a meal together to celebrate a religious festival or an event on our calendar.

## **7. Lunchtime Behaviour:**

- 7.1 Our children are encouraged to develop good eating skills and table manners at lunch time and are given plenty of time to eat. However, due to the smallness of our dining room, children are encouraged to eat their lunch, rather than socialising with their friends; this can be saved for the playground when they have finished eating their lunch.
- 7.2 We have a Code of Conduct for our dining room that has been designed by both children and staff. (*See Appendix 2*)

## **8. Drinking Water:**

- 8.1 Water is available throughout the day. All children are provided with a water bottle on admission to Eastfield and this can be filled across the day from the public water fountains that are easily accessible around the school; flavoured water, squash or fizzy drinks are not permitted as they increase the risk of dental decay. If children need a replacement water bottle, these can be purchased from the Office.

## **9. The Role of Parents:**

- 9.1 Eastfield acknowledges that the primary role model in children's healthy eating education lies with parents; we wish to build a positive and supportive relationship with our parents through mutual understanding, trust and co-operation. In promoting this, we will:
  - ✓ Inform parents about Eastfield's Healthy Eating Policy and practice.
  - ✓ Inform parents about the best practice known with regard to healthy eating so that parents can support the key messages being given to children at school.











## **10. The Academy Improvement Committee:**

- 10.1 The Academy Improvement Committee is responsible for monitoring the Healthy Eating Policy. The governors support the Principal in following guidelines from external agencies. Governors inform and consult with parents about the Healthy Eating Policy as required.

**11. Monitoring and Evaluation:**

- 11.1 The effective implementation of this policy will be monitored by the Lunchtime Staff Lead, the Principal and the Governing Body.

**Lunchbox Top Tips**

	<p><b>Keep them fuller for longer</b> Base lunch box on foods like bread, rice, pasta &amp; potatoes. Choose wholegrain where you can.</p>		<p><b>Mix your slices</b> If your child doesn't like wholegrain, try making a sandwich from one slice of white &amp; one slice of wholemeal/brown bread.</p>
	<p><b>Freeze your bread</b> Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes like pittas, bagels &amp; wraps.</p>		<p><b>DIY lunches</b> Wraps &amp; pots of fillings can be more exciting for children when they get to put them together. Dipping foods are also fun &amp; make a change from a sandwich each day.</p>
	<p><b>Less spread</b> Cut down on the spread used &amp; try to avoid using mayonnaise in sandwiches</p>		<p><b>Cut back on fat</b> Pick lower fat sandwich fillings, such as lean meats (chicken &amp; turkey), fish (tuna) &amp; low-fat cheese.</p>
	<p><b>Ever green</b> Always add salad to sandwiches - it all counts to your child's 5-a-day.</p>		<p><b>Always add veg</b> Cherry tomatoes, or sticks of carrot, cucumber, celery &amp; peppers all count towards their 5-a-day.</p>
	<p><b>Cut down on crisps</b> Try reducing the number of times you include these in lunchboxes - swap for homemade plain popcorn or plain rice cakes.</p>		<p><b>Add bite-size fruit</b> Try chopped apple, peeled satsumas, strawberries, blueberries, halved grapes or melon slices to make it easier to eat.</p>
	<p><b>Tinned fruit counts</b> A small pot of tinned fruit in juice - not syrup- is perfect for lunchboxes.</p>		<p><b>Swap the fruit bars</b> Dried fruit such as raisins, sultanas &amp; apricots are not only cheaper than processed fruit bars &amp; snacks, but healthier too.</p>
	<p><b>Watch the teeth!</b> Dried fruit counts towards your 5-a-day, but can only be eaten at mealtimes to reduce the risk of tooth decay.</p>		<p><b>Swap the sweets</b> Swap cakes, chocolates, cereal bars &amp; biscuits for malt loaf, fruit teacakes, fruit breads or fruit.</p>
	<p><b>Go low fat &amp; low sugar</b> Go for low fat and low sugar yoghurt or fromage frais &amp; add your own fruit.</p>		<p><b>Check your cheese</b> Cheese can be high in fat, so use less of it - or reduced fat varieties.</p>
	<p><b>Get them involved</b> Encourage your children to choose &amp; prepare what goes in their lunchboxes.</p>		<p><b>Variety is the spice of life</b> Be adventurous &amp; get creative to mix up what goes in their lunchboxes.</p>



**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.

**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 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.

**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).

**A drink** – to help with hydration and concentration.

- ✓ Water – is the best choice.
- ✓ Milk – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
- ✓ Diluted fruit juice (half juice, half water).
- ✓ Avoid squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

**Desserts, cakes, biscuits and crisps:** these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.

- ✓ Try to make desserts, puddings and cakes with fruit or milk, such as a banana muffin or rice pudding.
- ✓ Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✓ Avoid salty snacks such as crisps. Replace with plain breadsticks.

**NO SWEETS, NUTS, CHOCOLATE BARS  
OR FIZZY DRINKS ARE PERMITTED**



## Code of Conduct for the Dining Hall

### You will see children...



Being kind and polite

Putting their hand up  
when needing help



Showing good table manners  
(using a knife and fork)



Talking quietly  
to each  
other on their table



Not saving or  
moving  
seats



Helping each  
other



Being  
responsible for  
clearing  
their own mess



Picking up, and putting  
litter in bins

### You will see staff...



Talking quietly to  
children

Making sure our dining room is clean



Making sure there is enough room  
for each class as they come in



Encouraging children to eat all  
of their lunch

