

Bramham and Shadwell Federation

Healthy Food Policy

written in consultation with School Council

School Policy: Approved by the HT
February 2022

Date to be reviewed: February 2024
School Policy

Signed: _____

Headteacher



Aims:

- To ensure that the provision of food and nutrition in school promotes the health and well being of pupils, staff and visitors to the school.
- To ensure the children have an understanding of a balanced diet and the need for a range of foods.
- To ensure the food environment is welcoming and calm thereby promoting our family ethos and providing children with a happy and pleasurable meal time.
- To work with parents and carers with the aim that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food.
- To make a positive contribution to children's health and Healthy Schools Status.
- To promote consistency between packed lunches and food provided by schools.
- To promote the use of waste free containers that can be washed and reused in order to limit waste in line with the school's work on sustainability.

Our Federation will:

- Work with our cooks to ensure that menus are shared with parents on our website and that all ingredients are fresh.
- Work with our cooks so that all dishes prepared are home-made using fresh produce.
- When possible, invite a group of parents to sample our menus and food and to meet with our catering staff to develop food choices for children.
- Work alongside parents whose children have any special dietary requirements and needs. e.g. allergies, diabetes, celiac disease and cultural needs e.g. religious, vegetarian, vegan.
- Provide training for all staff for epipen protocol; this will be updated annually.
- Provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times for all children.
- Work with pupils to provide attractive and appropriate dining room arrangements.
- Work with parents to ensure that packed lunches provide a healthy balanced meal.
- Ask parents to include cool packs to maintain freshness as we are unable to provide refrigeration.
- Encourage pupils to have waste free packed lunches.

We will encourage children to eat fruit by placing a bowl of chopped fruit on each dinner table before their meal.

In general, for healthy brain function, children will be encouraged to drink water throughout the day. Children may refill their own water bottles for use in the classroom.

For morning break children may bring their own fruit or healthy snack. This can include for example: fruit (fresh / dried), vegetable sticks, breadsticks. Many cereal bars contain large amounts of sugar and so we do not encourage these.

Packed Lunches

What should I include in my balanced packed lunch?

- 2 portions of fruit or salad or vegetables to help us fight illness e.g. apple, carrot or cucumber sticks, plum, grapes
- Protein or other savoury filling to give us strength and stamina

- e.g. fish, falafel, hummus, chickpeas, beef
- Starchy food to give us energy to play and work
e.g. bread, pastas rice, couscous, noodles, potatoes, cereals
- Milk and dairy products to keep our bones strong
e.g milk, cheese, yoghurt, fromage frais, custard

What about snacks and treats?

- Vegetables and fruit (with no added salt, sugar or fat)
- Savoury crackers or breadsticks served with fruit, vegetables or dairy
- Sausage rolls, individual pies, corned meat and sausages or chipolatas should only be included occasionally.

Packed lunches should not include:

- Sweets
- Nuts or food products that contain traces of nuts. We have several children who have severe allergic reactions to nuts.

Special diets and allergies

At Bramham and Shadwell Primary Schools we recognise that some pupils may require special diets. In this case parents are urged to ensure that packed lunches are as close to the guidance as possible, within the constraints of their child's requirements. Pupils are not permitted to swap food items.

Assessment, evaluation and reviewing:

- Lunch time supervisors will monitor food choices and food consumed by the children under the guidance of the senior lunch time supervisor.
- School Council will discuss children's feelings about food in school.
- Food ambassadors will monitor the food being served and question pupils on preferred options
- Children having packed lunches will be encouraged by the Food Ambassadors to follow these guidelines.
The Governors will monitor and evaluate this policy and its impact.

Involvement of parents/carers:

Many of our pupils eat a lunch provided by school. However, we politely request that parents of pupils wishing to have packed lunches provide their children with a packed lunch that is in line with the Healthy Packed Lunch Policy.

Communication of the policy:

- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parents' evenings and Health Week to promote this

policy as part of a whole school approach to healthier eating.

- All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

N.B. Many children bring sweets to school for the whole class to celebrate their birthday; these can be distributed at the end of the school day.