



Food and Drink Policy

Introduction

Proper nutrition is essential for good health and effective teaching and learning. We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviour and encourage them to take responsibility for the choices they make. We want to play our part in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits. We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more should we aim to achieve?

What must we do to make it happen?

What action should we take and how do we review progress?

Aim:

- To ensure that all aspects of food and nutrition in school promote the health and well-being of the children, staff and visitors to the school.

Objectives:

Four Lanes Community Juniors promotes a healthy school ideology. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of our diverse school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, school staff can bring together all elements of the school day to create an environment which supports a life-long healthy lifestyle.

We want to:

- Ensure that we are giving consistent messages about food and health.
- Give our pupils the information they need to make healthy choices.
- Promote health awareness.
- Contribute to the healthy physical development of all members of our school community.

This policy describes the principles, procedures and responsibilities related to food and drink in school.

1. Principles:

School meals:

- The school provides free school meals to all children who are entitled to them.
 - All our school meals are provided by a contract with the Hampshire Catering Services: HC3S.
 - All school meals provided will meet the government's nutritional guidelines set out in the 'Balance of Good Health'
 - The children have a choice of meal which is freshly made to order.
 - Children are given a plate and choose their carbohydrate and vegetable option
 - They are able to sit with friends when eating meals, where possible.
 - Fresh drinking water is always available.
 - The catering company provides specially prepared meals for children with special diets.
 - The catering company is invited to provide information to new intake parents in order to encourage use of this provision.
- Breakfast/After school club**
- Breakfast Club operates on a daily basis in the school for those children that need pre school care. The food offered is healthy and is consistent with a healthy diet. We provide brown bread toast, low fat spread, fruit jam and low salt/low sugar fortified cereals, fruits and yoghurts. Children choose from water, orange juice and blackcurrant juice to drink (with no added sugar).
 - After-school club provides hot and cold nutritional light meals.

2. Procedures:

School hot dinners:

- Served in the main hall
- Staff often sit amongst the children to be role models and enjoy lunch as a social occasion
- In the interests of the UNCRC Articles 19 and 24, Lunchtime staff are trained in the use of school values and actively encourage the children to:
 - Develop good eating skills and table manners.
 - Enter and leave the dining hall in an orderly way, showing respect for those eating.
 - Say please and thank you to the lunch staff and cooks.
 - Clear their place for the next diner.
 - Help lunch staff by clearing up their plates and spaces at the end of lunch

Packed lunches:

- The school provides facilities for children to eat packed lunches brought from home.
- Children are encouraged to leave the eating area tidy for the next diner
- Any food left in lunch boxes is sent home and children are not allowed to share or swap food.
- We encourage children to bring school lunchboxes that follow Healthy Guidelines:

Include:	
Keep you well foods:	- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
'Help you grow' foods	- Meat/fish/eggs and non-dairy protein e.g. pulses everyday
'Healthy teeth and bones' food	- A dairy product: milk, cheese or yoghurt
	- Oily fish at least once every few weeks
'Fill you up' foods	- Starchy food such as bread, pasta, rice, potatoes
	- Milk or water
Limit:	
	- Processed products sausage rolls, pies, sausages etc
	- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
	- Fruit juice 150mls per day
Do not include	
	- Salty snacks such as crisps
	- Sweets and chocolate
	- Sugary soft drinks
	- Nuts (allergies of other children)

- Fresh drinking water is always available.

Snacks:

- We run a healthy snacks tuck shop and the Food Policy is applied to all items sold. Pupils are allowed to bring fruit or vegetables from home to eat at playtime but we request that children only bring fresh fruits or vegetables.
- Nuts or sweets must not be brought to school due to the number of children with severe nut allergies. Sweets/chocolate bars are also not allowed.

Drinks:

- The school encourages staff and children to drink at frequent intervals during the day. During hot weather and after physical activity, children are encouraged to drink more water.
- Bottles should be taken home daily to be washed.
- Fresh water is available to staff and children throughout the day.
- Children may bring a bottle only of unflavoured water to school for drinking in class.

Curriculum:

- Healthy eating is promoted in the PSHE curriculum, Design and Technology, Science Curriculum and other curriculum areas as appropriate. For example, Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides 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.
- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. We have adapted our DT curriculum to ensure that the children are taught to prepare healthy sandwiches in Year 3 to help them throughout the school.
- PSHE 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.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. Fair trade is an assembly theme.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. The golden mile is ran regularly to highlight healthy living into our working week.
- Each class has allotment beds to plant and tend vegetables and fruit to help develop sustainable eating habits.

3. Responsibilities:

The Head Teacher, SLT have responsibility to ensure healthy eating and healthy lifestyles are forefront in the creation of new policies, brochures and practice.

Class Teachers have responsibility for the day-to-day implementation of the policy.

The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

Person responsible for the School Council:

To provide opportunities for consulting with pupils about all aspects of food in school.

Summary for parents:

A summary of this policy will be included in the school welcome pack. A healthy eating guideline pack is sent as an update to remind parents of children further up the school, the value in which it is held throughout the school.

Parents and carers are updated through the web-site and parent mail of any healthy eating activities that are led in school and they are asked to support the values at home. A collection of healthy lunch box recipes are on the website.

Date of Policy Issue/Review	
April 2021	April 2024

Appendix 1
Ideas to help healthy eating

Eat-well plate: a guideline of portion size



healthyfood

LUNCHBOX IDEAS for HEALTHY KIDS

Start the new term with nutritious lunchbox ideas to keep your children energised all day long

SECRETS OF AN A* LUNCHBOX

Tick off each of these key components for a balanced packed lunch

- Starchy carbs (wholegrain if possible) for energy, vitamins, minerals and fibre: bread, rolls, wraps, pitta, pasta or rice
- Protein to fill them up: meat, fish, eggs or pulses
- Vegetables and fruit to count towards their five-a-day
- Calcium-rich foods for healthy bones: lower-fat milk, yogurt or cheese
- A drink to keep them hydrated: water, 200ml carton school-approved half-and-half water and orange juice, lower-fat milk or low-salt tomato juice



ROLLS

SWEET-CHILLI CHICKEN ROLL

Sliced lean cooked chicken breast, baby spinach, sliced tomato and cucumber, and a little sweet-chilli sauce (pictured, left)

EGG MAYONNAISE

1 chopped hard-boiled egg, low-fat mayo and lettuce



WRAPS

TUNA SALAD

Tuna canned in water, grated carrot, cucumber batons and lettuce (pictured, left)

HUMMUS & BEANS

Hummus, roughly mashed four-bean mix and diced yellow pepper, with 4 cherry tomatoes on the side

SANDWICHES

CHEESE, CARROT & SALAD

Grated reduced-fat cheese, grated carrot, finely sliced cucumber and lettuce or baby spinach (pictured, right)

HAM & CUCUMBER

Thinly sliced lean ham, sliced tomato and cucumber, and lettuce



PASTA

CHICKEN & SWEETCORN

Cooked pasta tossed with chopped lean cooked chicken, cherry tomatoes, sweetcorn, baby spinach and a little sweet-chilli sauce (pictured, right)

TUNA & BEANS

Cooked pasta tossed with tuna canned in water, cannellini beans, tomatoes and cucumber

