



FAIRWAY INFANT SCHOOL

Food and Healthy Eating Policy

June 2018

Adopted by the Leadership & Management Committee
At their meeting on 28th June 2018
Review date September 2021

AIMS

- To improve the health of the entire school community by teaching children about ways to establish and maintain life-long healthy eating habits.
- To improve the health of children by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods.
- To increase children's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure children are well nourished at school, and that every child has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- To respect the different dietary, cultural, religious and health needs of all our children.
- To encourage children to develop positive attitudes towards food through all learning opportunities provided by the school.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.

OBJECTIVES

The whole school food policy will address aspects of food provision across the whole school day as well as education about food and nutrition.

The whole school food policy will address the following aspects as outlined in the Food Standards Agency Guidelines (2005):

1. Break time snacks
2. School lunches
3. Packed lunches
4. Water provision
5. After School Clubs

Break time Snacks

Aim: To ensure all children are provided with the opportunity to have a snack and milk/water each morning.

From January 2004 a mid-morning snack time was implemented across the school to coincide with the Government's free fruit initiative. All children are encouraged to have a piece of fruit at this time, and also encouraged to taste and try new fruits and vegetables available. The drinking of milk or water will also be encouraged at this time. Children up to the age of 5 years are entitled for free school milk.

School Lunches

- Aim:** To maintain or increase levels of uptake of school lunches.
To encourage children to take up the Infant Free School Meal option.
To ensure that the food provided is of a high quality and promotes health.
To ensure that the choices provided address the cultural, religious and dietary needs of the children.
To ensure the school has the capacity to provide a school meal for all those who require one.

The school lunch is vital as, for many children it may be the only opportunity for them to eat a substantial meal during the day. It is therefore important that school lunches provide a tasty and nutritious meal for all children.

The nutritional standards for primary schools dictate what foods should be provided for children. Chartwells provide school meals, and are responsible for ensuring that meals contain food from groups A-D; foods in group E do not have to be made available at all.

The five groups are:

- A Fruit and vegetables (these can be fresh, canned, dried, frozen or as juice)
- B Starchy foods (bread, rice, pasta, noodles, potatoes)
- C Meat, fish and other non-dairy sources of protein (meat and fish include meat and fish products; alternatives include eggs, nuts and pulses)
- D Milk and dairy foods (including milk, cheese, yoghurt, custard)
- E Foods containing fat and foods containing sugar (fat spreads, salad dressing, cream, savoury snacks, biscuits, cakes, pastries puddings, confectionery, fizzy drinks)

Packed lunches

- Aim:** To strive to ensure lunchbox contents are in line with the food policy
To encourage parental support for the food policy.

Some children bring food from home and at Fairway Infant we aim to promote healthier packed lunchboxes. See Appendix 1 regarding recommended choices for food and drink in lunch boxes. These are shared with parents upon their child's induction to school. Under no circumstances are children allowed to bring nuts or peanut butter into school due to children with severe nut allergies.

Water

- Aim:** To encourage children to drink water at frequent intervals throughout the school day.
To ensure that children have easy access to fresh drinking water throughout the school day.

At Fairway we appreciate the health benefits of drinking water. Parents provide a named water bottle which can be filled up throughout the day. The drinking of water is also encouraged during extra curricular activities.

After School Clubs

Fairway runs extra-curricular clubs out of school hours, and encourage the drinking of water at these clubs.

THE CURRICULUM

Aim: To ensure that the whole school food policy encompasses nutrition education in the curriculum.
To ensure that the school has in place a broad and systematic food and nutrition curriculum for all age groups.

The National Curriculum (2014) stipulates that children should be provided with opportunities to cook as part of the school curriculum. As part of this, children at Fairway will be taught about healthy eating. The curriculum also includes learning about plants and food so that the children begin to understand the concept of “seed to plate”. The Year2 Science curriculum ensures children understand what a healthy balanced diet is.

OTHER EVENTS

The Food Policy will be referred to when decisions need to be made regarding the consumption of food and drink on school premises. The aim of Fairway Infant School is to ensure that food regarded as a ‘recommended’ or ‘fair’ choice in Appendix 1 is purchased, and healthy choices/options highlighting a balanced diet are available to the children at all times.

POLICY REVIEW AND EVALUATION

Monitoring of Food and Healthy Eating will be undertaken by the SENDCO along with support from the Senior Leadership Team who will report back to the Governors Curriculum sub-committee; thus enabling them to review this policy on an informed basis.

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Signed

Committee Chair: Sue Peckham
Review date June 2021

Appendix 1

SNACK SELECTION CHARTS – ‘RECOMMENDED/FAIR’ CHOICES

Food Category	Recommended Choice	Fair Choice	Not Recommended
Breads:	Sandwiches with savoury fillings, filled rolls, pitta pockets – especially wholemeal, multi-grain and granary breads, wraps	White bread, pizza slices	Sandwiches with sweet fillings, i.e., jam / chocolate spread
Drinks:	Milk Water Pure fruit juices	Low fat milk shakes Yoghurt drinks Fruit juice drinks Sugar free/diet squashes	Sugar sweetened squash Thick milk shakes Ordinary fizzy drinks
Fruit:	Fresh fruit Raw vegetables Dried fruit	Individual cans of fruit in natural juice	Tinned fruit in syrup Toffee apples Sweet fruit pies
Bakery items:	Crisp breads, crackers, rice cakes, oat cakes, crumpets, pike lets and scones Fruit loaf, tea cakes, currant buns	Wholemeal cakes and plain wholemeal biscuits, plain biscuits, flapjacks, fruit cake	Chocolate, iced and cream filled biscuits, Doughnuts Ice Buns Pastries Meringues Mini chocolate rolls Gateaux Jam tarts
Dairy Products:	Natural yoghurt with added fruit Yoghurts Fromage frais Cheese portions		Cheese strings
Confectionery:		Cereal bars Muesli bars Reduced sugar/sugar free sweets and chocolate	Chocolate Sweets Toffees
Savoury snacks:	Plain popcorn Bread sticks Seeds, e.g., sunflower, pumpkin	Reduced fat crisps Twig lets Yoghurt covered raisings Cheese biscuits	Ordinary crisps Fried corn snacks Honey/sugar/salted popcorn