

Healthy Food and Drink Policy for Schools and Nurseries (To include Snacks and Packed Lunches)

Foods

At our school/nursery we recognise that children come from diverse home backgrounds, which include different cultures, ethnicity, economic status and faith groups to name but a few. We will meet the needs of all the children and ensure equality of provision whilst taking account of this diversity and difference. Some children are also 'fussy' eaters and sometimes this is a major step to get some youngsters to eat anything healthy. It is good practice for our staff to ask parents to let us know if this is the case, so that we can help and support these children with encouragement and praise for what they have eaten. It is also important that the pupils eat together, as this contributes to the general health, well-being and social skills of the children.

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It has been proven in various studies that children's concentration and behaviour improves when they drink water throughout the day. Dehydration can give children headaches and make them tired and irritable. Therefore, we encourage all pupils to drink water from our drinking facilities when necessary, as this is a tooth friendly drink which can be consumed any time of day or night. Water bottles and cups will be kept at school/nursery and will be filled and emptied daily, which will allow children to have access to fresh drinking water throughout the day.

C:\Users\tracey.wiles\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H77TIANH\img_large_watermarked[1].jpgPacked lunches

The aim is to ensure that all packed lunches brought from home and consumed in each school and nursery provides pupils with balanced nutritional food and drinks that are similar to schools, which have to meet national standards.

As a school/nursery we will provide a safe, healthy and appealing dining environment for pupils to eat their packed lunches and we will ensure fresh drinking water is available at all times. We will gently encourage all pupils to eat and drink as much of their lunch as possible. If a child has not eaten all their lunch, we will wrap it up and send it home in their lunch box just so that their parents can see what they have left.

As fridge space is not always available in schools/nurseries, our staff may need to give guidance to parents on suitable foods and drinks to send in packed lunch boxes and recommend a cooler bag or food/drinks that do not require refrigeration.

The following suggestions for snacks and lunch box contents may help parents/ carers to promote and improve the general health for all children.

Packed lunches should include:

Cut down on amount of sugary food and drink by having:

- ☐ At least one portion of fruit and or vegetable (this could include a dried fruit)
- ☐ Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- ☐ A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- ☐ A starchy food such as bread, pasta, rice, noodles
- ☐ Dairy food such as cheese, yogurt, fromage frais
- ☐ A smoothie, yogurt drink or 100% fruit juice (½ cup / 6oz / 150ml per day)
- ☐ A bottle of plain water or plain milk (are the preferred drinks)
- ☐ A biscuit not coated in chocolate

- ☐ Crisps (baked or other low fat options if possible) or other such snack, for example seeds, savoury crackers and bread sticks etc.
- ☐ Eating utensils if necessary

For helpful hints and tips on healthy pack lunch meals please view websites below:

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>
<https://www.bda.uk.com/foodfacts/PackedLunches.pdf>
<http://www.goodtoknow.co.uk/recipes/pictures/29229/30-packed-lunch-ideas/30>
<https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home>

It is a good idea to reduce the amount of sugar consumed to the following amounts, as recommended by Public Health England to prevent weight gain, obesity and tooth decay:

4-6 years old – 5 lumps per day
 7-10 years old - 6 lumps per day
 11 years old plus – 7 lumps per day

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Packed lunches should avoid:

Here are some examples of foods and drinks, which should be avoided in packed lunch boxes:

- ☐ Confectioneries such as chocolate bars, chocolate coated biscuits and sweets.
- ☐ Sausage rolls and pies should only be included occasionally.
- ☐ No fizzy drinks.

N.B. Parents should be discouraged from sending nuts and nut products (e.g. peanut butter) to school in pack lunches because of allergy concerns. Children will not be able to share food and drinks at school for exactly the same reason.

C:\Users\tracey.wiles\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H77TIANH\healthy_food[1].jpgMid – Morning Snacks

Early Years Foundation 1 and 2

Fruit or vegetables will be provided for each child. If a pupil is unable to peel the fruit, a member of staff will assist the child to prepare it.
Plain water or plain milk will be available on a daily basis.

Key Stage 2

Healthy snacks should be available to buy from school e.g. fresh fruit and low fat crisps.
(Children should be encouraged to choose a healthy snack from school tuck shops)
Plain water/ plain milk will be available on a daily basis.

As a school/nursery we will provide a friendly and healthy environment for pupils eating

snacks and ensure fresh drinking water is available at all times. We will always encourage all pupils to eat and drink as much of their morning snack as possible.

Chocolate and sweets should not be sent to school on a regular occasion.

Whilst supervising the dining area at lunch time, our staff will review the contents of children's lunch boxes. This will be a good opportunity for them to talk to the children about their diet and to encourage healthy eating and drinking options. There may be times when we may need to send parents a reminder of this policy, if more unhealthy options are included in the lunch boxes.

It is not the intention of this policy to tell parents what and how they should be feeding their children, but we want to work with parents to educate their children about healthy dietary choices, so that they can be supported to make informed healthier choices independently when they are older.

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We do not want to discourage celebrating special events such as birthdays, but treats that are sent into school may be given to parents at home time so that they can be consumed at home, preferably at a

mealtime.