



Stanbridge Lower School

Healthy Eating and Hygiene Policy 2020

1. Aims- All children

- Help establish healthy eating habits at a young age.
- To develop an interest in and enjoyment of healthy eating and cooking.
- To encourage children to make healthy choices of their own for snack and meal times.
- To raise awareness of health benefits of healthy eating and drinking.
- To encourage the act of sitting down to a meal with other children and adults as an important part of day to day life.
- To develop pupils' ability to recognise what makes up a healthy diet.
- To give children access to healthy snacks and meals in school.
- To encourage healthy lifestyles which children will continue with and embrace through their teenage years and into adulthood.
- To experience growing and eating organic foods.
- To develop pupils' awareness of food hygiene and personal hygiene for snack and meal times.

2. Rationale- At Stanbridge we believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent.

As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

3. Teaching the subject-

At Stanbridge Lower School we use a variety of teaching and learning styles to teach about healthy eating. Children will learn about healthy eating and good food hygiene during Science and PSHCE lessons.

Lunchtime supervisors will encourage children to make healthy choices for their school dinners and will award one child each week with the Healthy Eater award. The child will discuss the choices they have made and why they are a healthy eater.

4. Lunchtime Food-

4.1 School Dinners

At Stanbridge we have a meal provider (EDEN) who ensure that healthy choices are always available throughout the mealtime. These go in line with the national nutritional standards. Fruit and vegetables are included as part of meals and puddings. EDEN food suppliers follow the recommended quantities of fat, salt and sugar in the food provided.

4.2 Packed Lunches

Aims and Objectives

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food we provide via our hot school meal service, which is regulated by national standards.

Children who choose to have a packed lunch also are encouraged at all times to bring in healthy options. They are given guidelines of healthy food to include within their lunchboxes and guidelines are sent home to parents. Children choosing the packed lunch option are not allowed to bring in sweets or chocolate. Their packed lunches are monitored by the lunchtime supervisors.

Packed lunches will be regularly reviewed by lunch time supervisors on a regular basis beginning from March 2012.

Healthy lunches will be rewarded weekly in celebration assembly by achieving the 'Healthy Eater' award.

Parents and pupils who do not adhere to the Packed Lunch guidelines will receive a leaflet in the packed lunch informing them of the guidelines. If a child regularly brings a packed lunch that does not conform to the guidelines then the school will contact the parents to discuss this. Pupils with special diets will be given due consideration.

Food and drink in packed lunches guidance for Parents and Carers

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day.

- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Due to nut allergies children are not allowed to bring nuts in their packed lunches.
- Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionary such as chocolate bars and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should only be included occasionally.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschool.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

5. Midmorning breaktime snack-

All children are encouraged to bring in a piece of fruit or vegetable as a healthy snack to eat outside in the playground.

Children in Foundation and KS1 are provided with a piece of fruit or vegetable daily free of charge.

6. Drinks-

Children are encouraged to bring in their own water bottle from home each day. These are kept in their classroom during lessons and taken outside during breaktimes.

Children are not allowed to bring in fruit juices or fizzy drinks.

Children have access to a drinking water fountain at all times.

7. Involving pupils and parents-

Stanbridge encourages participation by pupils and parents to determine food provision in school.

Parents are provided with menus from the food supplier each term so they can have a good understanding of the food available.

Parents are sent guidelines for choosing healthy food to include in lunch boxes if their child has packed lunch.

Eve Forbes
Healthy School coordinator

This policy was ratified by the full governing body.

Date of meeting:.....

Signed.....Chair of Governors