



## Healthy Food Policy

<b>Updated:</b>	July 2023
<b>Review Date:</b>	July 2025
<b>Chairs Signature</b>	Hannah Massey

## **Why is a policy needed?**

At Moat Farm Infant School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership within parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

## **National Guidance**

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

## **Application**

This policy covers the areas of:

- Breaktime snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

## **Break time snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

## **Milk**

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint ) of semi skimmed milk every day for Reception and Key Stage 1 children and a carton of full fat milk for Nursery children. Parents can specify if an alternative type of milk is required e.g. soya. Children in Nursery are eligible for free milk. Children who are eligible for the Pupil Premium Grant are also eligible for free Milk (please speak to the office staff should you wish your child to receive milk and you are eligible).

## **Water**

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

## **School lunches including packed lunches**

At Moat Farm Infant School all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment" We will provide Universal Free School Meals for children in Reception and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

All our school meals are provided in house, with our own catering team and parents can order meals for their children using Relish (please look on our website for further details). Meals include the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold options, both of which pay regard to nutritional balance and healthy options. A salad bar is also provided and children are encouraged to serve themselves and make healthy options.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily.

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

For more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards. Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

**Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We re-enforce our delivery of the national curriculum by holding healthy weeks/sessions which enables us to focus on all aspects of well-being including healthy eating.

**Events and celebrations**

We hold special events and celebrations throughout the year. During these times we will sometimes provide treats for the children, e.g. cake. These events are 'special' and will be done so as part of a balanced approach to eating.