



# WHOLE SCHOOL FOOD POLICY

**Approved by:** Full Governing Body **Date:** 5<sup>th</sup> October 2023

**Last reviewed on:** 5<sup>th</sup> October 2023

**Next review by:** October 2024

This model policy will apply to both teaching and non-teaching staff and has been agreed with the following recognised unions: NEU, NAHT, NASUWT, ASCL, Unison, GMB and Unite

**AIM:**

- To promote a school ethos and environment which encourages a healthy lifestyle
- To ensure that food and drink available during the school day reinforces the healthy lifestyle message
- To provide high quality physical education, school sport and physical activity as part of lifelong healthy lifestyle
- To promote an understanding of the full range of issues and behaviours which affect lifelong Health

**RATIONALE:**

“Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.” (The School Food Plan 2013)

Diet is central to health and a child’s diet can be an important influence on their health now and in the future. As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of our pupils is to offer and promote healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink at an early age it is much more likely that these positive behaviours will remain with a child throughout life.

**OBJECTIVES:**

- To equip our children with the skills they need to understand healthy eating
- To give children the opportunity to make and try different foods at school
- To raise awareness of what constitutes a healthy lunchbox and encourage our pupils to make healthy choices
- To develop parental support for healthy lunchboxes
- To get children involved in planting and growing food for use in cookery
- To expose children to a range of different foods and tastes
- To support and encourage children to eat 5-a-day of fruits and vegetables
- To use sustainable suppliers and producers and minimise waste
- To take part in national initiatives where appropriate

**THE SILVERWOOD APPROACH:**

Silverwood School aims to develop and maintain a shared philosophy on all aspects of food and drink, ensuring healthy eating and drinking in school benefits our pupils. This is an evolving document for all stakeholders that interact with each school site, and is part of the teaching curriculum, design and technology, science and personal, social, health and economic education, (PSHE) and citizenship.

**HEALTHY EATING AND DRINKING:**

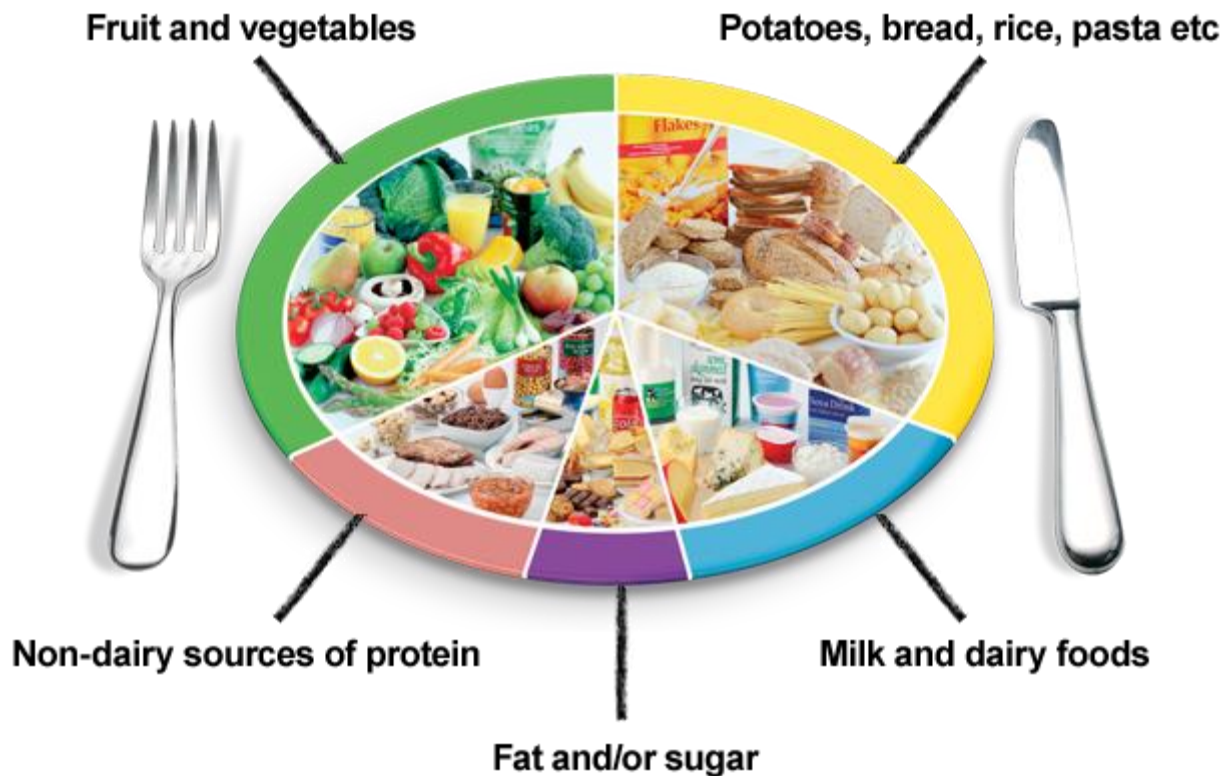
The Balance of Good Health is based on guidelines for a healthy diet such as:

1. Enjoy your food
2. Eat a variety of different foods
3. Eat the right amount to be a healthy weight
4. Eat plenty of food rich in starch and fibre
5. Eat plenty of fruit and vegetables

6. Don't eat too many foods that contain a lot of fat
7. Don't have sugary foods and drinks too often

The Balance of Good Health from the Foods Standards Agency shows the “Eat Well Plate” and the types of food that fit into the five commonly accepted food groups and the proportions of these foods that should be eaten from each group. We encourage eating from the food groups in order to gain a wide range of nutrients our bodies need to grow, develop and/or function properly and stay healthy.

## The eatwell plate

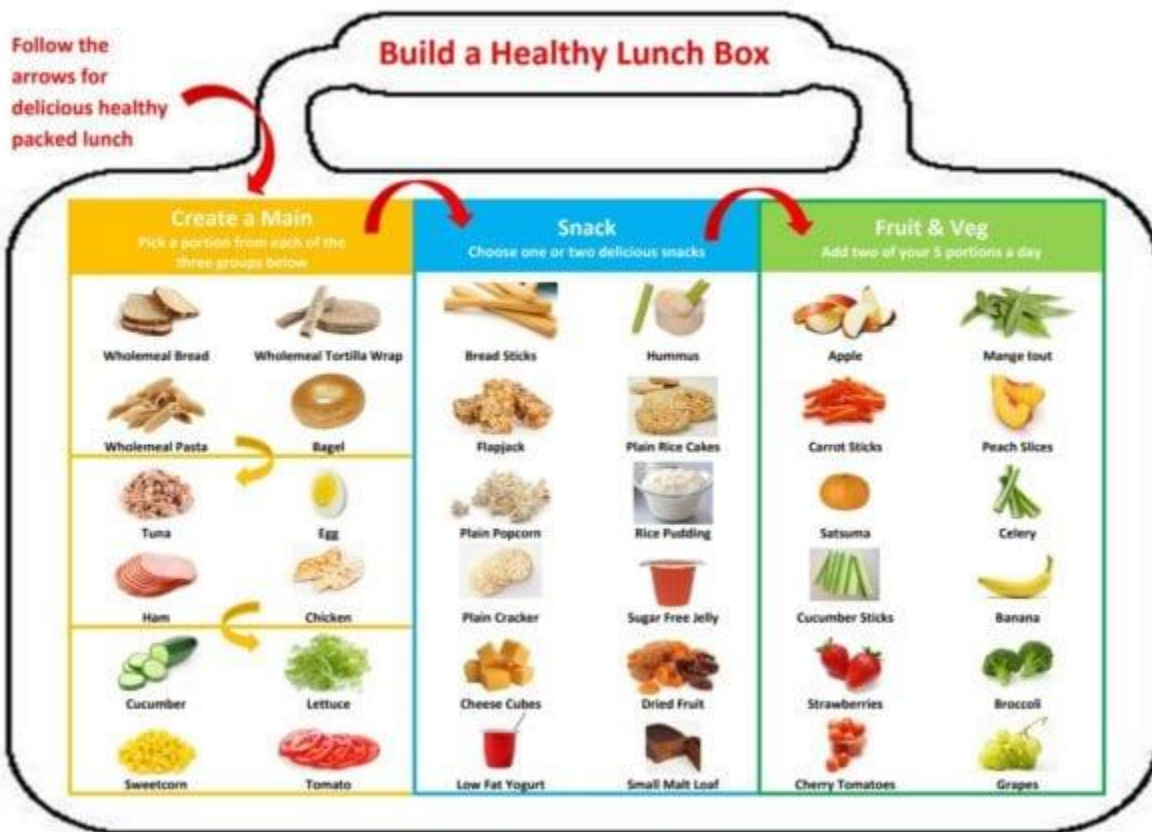


### CURRICULUM:

All aspects of the curriculum support the whole school approach to healthy eating and lifestyle, for example physical education, (PE) and daily physical activities, (DPA) demonstrate the importance of exercise and diet in healthy lifestyle. PSHEE and citizenship also tackle aspects of healthy eating and lifestyle. We also offer a wide range of extra-curricular clubs which give children the opportunity to stay active and have fun.

### HEALTHY LUNCHES, SNACKS AND WATER PROVISION:

Children and their families are encouraged to bring a healthy lunchbox in line with guidance from the School Food Trust. It should exclude crisps, sweets, chocolate bars and fizzy drinks. Fruit is provided to Foundation Stage and KS1 children free of charge every break time and we ask children to bring water bottles to school every day and to drink plain water throughout the day. The following are some packed lunch ideas from the Children's Food Trust.



## FOOD SAFETY AND HYGIENE:

All those involved in preparing food must be made aware of basic food hygiene and safety rules and issues. These include food poisoning and how it occurs, safe food storage, personal hygiene, safe use of equipment and cleaning. Children are encouraged to take responsibility for these aspects during use of the kitchen with guidance and supervision by staff at all times. Staff responsible for use of the kitchen will have Basic and/or Advance Food Hygiene Certificates. Support and teaching staff will be made aware of the Food Policy and associated standards to ensure there is a consistent whole school approach to school food. (There is also a Food Hygiene Policy)

## USEFUL WEBSITES:

Food in Schools [www.foodinschools.org](http://www.foodinschools.org)  
 Chartered Institute of Environmental Health [www.cieh.org](http://www.cieh.org)  
 Eat well, Be well [www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
 Foods Standards Agency [www.food.gov.uk](http://www.food.gov.uk)  
 British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)  
 School Foods Trust [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)