

## School Food and Beverage Policy

### Rationale

As a school, we have always taken pride in providing the best education to our students, within available resources, whilst attending school. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more proactive approach to improving the health and wellbeing of children, while attending class. Smart nutritional choices during school days can reinforce lifelong healthy eating habits and help kids grow up to their full potential.

As a part of the curriculum and to improve the health, fitness and wellbeing of our students, we lay emphasis on

- Healthy eating, as part of the curriculum
- Healthy Eating days
- Anti-Obesity Campaigns
- Fitness Exercises
- Green Picnic, School Canteen Menu
- Lunch Packs
- Food organised at the school during events, field trips etc.
- Extracurricular activities reinforcing healthy eating habits

### Aim

To ensure that all aspects of food and beverages consumed in school promote the health and wellbeing of pupils, staff and visitors to our school.

A balanced and nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind.**

### Food Policy Guidelines

#### 1. School Canteen

Students have access to hygienic canteen which cater to the needs of the students. The healthy food options available are affordable, nutritious and encourage development of healthy eating habits amongst students. Sale of aerated and soft drinks, chocolates, candies is strictly prohibited.



**2. The school continues to focus on creating awareness of healthy balanced diets in its curriculum**

Students Learn

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/Breakfast/evening meal
- Estimate cost of menus etc.
- Measuring and weighing recipe games
- Calorie count in food items
- Have a organic club where vegetables can be grown by the children
- Special assemblies
- Design a healthy menu
- Awareness about Body Mass Index
- Extracurricular activities, including:
  - Doctor's talk about obesity issues and healthy nutritional standards
  - Breakfast club, green picnic
  - Healthy foods at school events, fieldtrips, camping etc.

The school aims to promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

**3. The school will provide information on healthy foods that should be included in Lunch boxes from home**

The school recognises the benefits of a well-balanced meal and would recommend to parents that this as the best option. Parents should ensure that the packed food is fresh and healthy.

A child's lunch preferably should include only the following:

- A portion of starchy food, e.g. wholegrain bread, sesame seed pitta bread, plain crackers, pasta or rice
- Fresh fruit and vegetables, e.g. apple/orange/banana, tomatoes, carrots sticks, mini fruit chunks, etc.
  
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g., chicken, beef, quorn, cheese, fish, e.g. yoghurt etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured) and milk (not flavoured).



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Food products, prepared and stored in ambient temperatures, can after a certain period of time have increased levels of bacteria in them, which may be harmful . The school takes no legal responsibility for foods prepared at home and then brought into school in the students' lunch packs. However parents are urged to send freshly prepared food with their children.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets, candies, chocolate, etc.
- Crisps or any savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks/Carbonated drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts

#### **4. The School will provide a safe and healthy eating environment for pupil**

The school will provide a sociable environment, indoors (Early Years and KS1) and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to be in the designated area in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food bought from the canteen or available in their lunch box
- All litter, from lunch boxes brought in from home, must be thrown in the garbage bins provided on the school grounds or taken home at the end of the school day
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition

#### **5. The school will ensure their school canteen representative is trained, at least, to Basic food Hygiene Standards**

The school will ensure their canteen representative will receive basic food hygiene training.

**6. The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met. Examples of these activities include but are not limited to:**

- Appointing student council members responsible for ensuring a clean environment inside and outside school.
- Ensuring class teachers and other staff members maintain vigilance regarding the food brought into school by students
- Evaluating outcomes of healthy eating and fitness campaigns promoted through student activities.
- Reviewing the Food and Beverage policy on an annual basis.

<i><b>Policy Details: School Food and Beverage Policy</b></i>	
<i><b>Version Date</b></i>	<b>September 2021</b>
<i><b>Review Date</b></i>	<b>August 2024</b>

