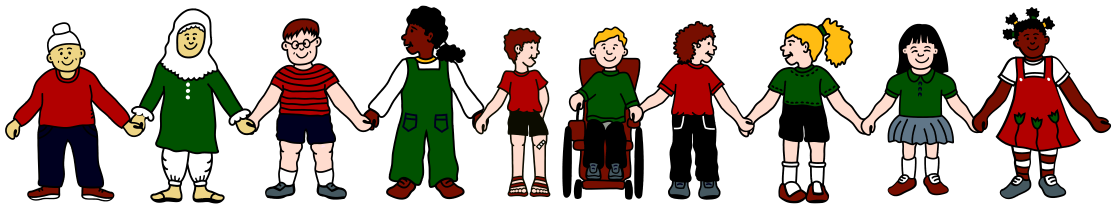


THE GILES NURSERY AND INFANTS' SCHOOL



Food Policy

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Food policy

Rationale

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other comorbidities in later life. The biggest source of sugar in children's and young people's diets is sugary drinks, followed by sugary snacks. The Giles Nursery and Infants' School therefore endeavours to promote healthy eating where ever possible.

The Giles Nursery and Infants' School have a responsibility to help pupils and staff establish and maintain a healthy lifestyle including developing and maintaining healthy eating habits. We adopt a whole-school approach ensuring our food provision offers the best high quality healthy food options and our cooking and nutrition curriculum offers pupils the opportunity to explore healthy eating.

We believe learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating across our school.

The Giles Nursery and Infants' School aims to:

- To adopt a whole-school approach to promoting and teaching the benefits of healthy eating to staff and pupils.
- To ensure the pupils understand the link between healthy eating and the prevention of diseases caused by poor diet and lifestyle choices.
- To positively influence the health of the pupils and staff through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods.
- Through our curriculum, we aim to nurture children's curiosity and enjoyment of food by introducing them to simple cooking activities. We help them develop basic skills like mixing, pouring, and measuring, so they begin to feel confident preparing food with support and sharing it with others
- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and pupils and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs).
- To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.

- To encourage and teach good manners and courtesy as outlined in our behaviour policy.
- To enrich our curriculum and extracurricular activities by offering a wide variety of fun, hands-on experiences in cooking and exploring food.

The promotion of healthy eating, cooking and nutrition is delivered via:

- Design and Technology
- Cross curricular links in our curriculum

Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- School Handbook / Prospectus
- Staff Handbook / Induction materials

This policy should be read in conjunction with:

- The behaviour policy
- PE policy
- Child Protection policy
- Safeguarding policy
- Health and Safety policy
- Equalities scheme

Food and Drink Provision Throughout the Day

School food provision

HCL is The Giles Nursery and Infants' School catering provider, and it fully complies with the School Food Standards. These standards are mandatory for all maintained schools.

[The School Food Standards](#) – A practical guide for schools their cooks and caterers
[DfE \(2019\) Standards for School Food in England](#)

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the ['Eat Better, start better 2017](#) Voluntary Food and Drink Guidelines for Early Years Settings.

Breakfast

The Giles Nursery and Infants' School offer a daily breakfast club to all pupils including those who are entitled to free school meals. The breakfast club runs from 7:45 am – 8:50 am and is provided by us. On offer is a variety of different fortified low sugar cereals including whole-wheat varieties, bread, fresh fruits and water. For more information, please visit our website.

Snacks

Snacks can play an important part in the diet of children and young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitle all children in key stage 1 to one piece of fruit and/or vegetable per day.

The government's guidance on [the Portion size and food groups](#) features suitable snacks, for healthy snack ideas for parents, visit [Better Health - Healthier snacks](#). Tips for a snack for under 5-year-olds, please visit, First Step Nutrition Trust, [snack for 1-4 year olds](#).

School lunches

Our school lunches meet the statutory school food standards and are provided by HCL.

Our dining hall offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils, and always encourages good manners. Children can sit with their peers who have a packed lunch or school dinners.

We use high-quality ingredients using nominated suppliers. We regularly ask for feedback from pupils and staff to ensure the food served looks appealing and meets the needs of our pupils and School Food standards.

Drinks

Drinking water is available throughout the whole day and children are encouraged to top up their bottles frequently. No other drinks (e.g. squash, flavoured water, soft drinks and fizzy drinks) are allowed.

Milk is available for children once a day in addition to before and after school clubs. We also support 'Cool Milk' scheme which offers free or subsidised school milk for children age five and under or for older children parents can register and pay for their child to receive daily milk. Children on Free School Meal list receive free milk throughout their time in school.

Packed lunches

We encourage parents to provide healthy well balanced packed lunches as per our guidance on our school website. The packed lunch guidance is disseminated regularly via parents' newsletters throughout the year. The midday supervisors advise pupils, for example, who bring foods high in fat, sugar and salt that they are not suitable. Parents whose children persistently bring unsuitable packed lunches are contacted or approached and reminded of the school's packed lunch policy. No fizzy drinks or energy drinks are allowed.

For more information and practical tips for children aged 5 years and above visit [Healthy lunchboxes - Food A Fact Of Life](#) or [Better Health - Healthier Lunchbox Recipe](#) for under 5 please visit, [Packed lunches for 1-4 year olds](#).

School events, trips, birthdays and special occasions

- Healthy packed lunches for children on free school meals are provided for school trips including fresh sandwiches, fresh fruit and water. Parents who provide packed lunch for the school trip are asked to follow our guidance on packed lunches.
- We **do not** accept sweets, cakes, and biscuits as birthday treats for the class. We ask parents to consider donating a book to the class or a school library or to send small non-food tangible gifts such as stickers or pencils.
- Desserts on our school lunch menu are made on-site daily.
- Regular communications with parents' pupils and staff is maintained to promote special occasions, cultural events and celebrations via; weekly letter home, e-newsletter and other communications. When parents are asked to contribute or bring food items, the school provides a list of healthier options as suggestions for parents.
- The Giles Nursery and Infants' School ask PTA not to sell or bring alcohol for celebratory events such as school fairs where pupils are present.

Special Dietary Requirements and food safety

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these. Parents of a child who has medically evidenced food allergy or intolerance should complete Food allergy and food intolerance management form (available at the school office) prior to ordering school dinners for their child. We offer halal, vegetarian and vegan options throughout the menu.

Although, we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. The Giles Nursery and Infants' School do not permit children to bring nuts or products (bought or homemade) that contain nuts in to school. We try to minimise the risk by adopting a culture of allergy awareness and education. We encourage all staff and parents to access free [Food allergy and intolerance online training](#) provided by Food Standard Agency.

Staff handling food have completed the following training to enable them to manage food allergies, intolerances and dietary requirements and food safety:

- Our staff supervising food provision in school (breakfast, lunch and after school) have completed their food allergy training/Level 2 food safety and hygiene training, manual handling, fire safety, adrenaline/ anaphylactic shock training.

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole-school approach to health and wellbeing. It captivates and stimulates pupils' interest and enjoyment of food as well as building self-confidence. The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Also see the [Public Health](#)

[England, Food teaching in Primary schools a framework of knowledge and skills](#) to deliver high quality cooking and teaching.

The following resources are used to develop, monitor and assess learning:

- **Food teaching progression chart 5-11**
<https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/primary/food-teaching-progression-5-11-years/>
- **Core competencies for children and young people aged 5-16 years:** A framework of skills and knowledge around food diet and PA
<https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/secondary/core-competences-for-children-and-young-people-aged-5-16-years/>

How food, growing and nutrition education is taught in The Giles Nursery and Infants' School

- Food and nutrition are taught at an age-appropriate level across EYFS and key stage 1
- Food and nutrition link to different subject areas including PE, RE, design technology, science and geography
- Staff receive regular training on nutrition, food safety and allergy awareness.
- All staff are informed about our health eating practices.
- Staff liaise with external agencies and caterers to ensure best practises.
- Healthy eating messages are reinforced consistently across the school.
- Staff act as positive role models during food-related activities and mealtimes.