

Healthy eating & lunchbox policy



John T. Rice Infant and Nursery school

JOHN T. RICE INFANT AND NURSERY SCHOOL
HEALTHY FOOD & PACKED LUNCH POLICY

INTRODUCTION

John T. Rice Infant School is dedicated to providing an environment that promotes healthy food and eating, which also enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers and children. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day.

The nutritional principles of this policy are based on current evidence based findings and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Standards for school food throughout the school day are in place.

www.childrensfoodtrust.org.uk

Further information can also be found in the School Food Plan (July 2013)

www.schoolfoodplan.com

Food Aims

1. Our overall aim is to equip children with the knowledge about food in order for them as they become more independent to make sensible, healthy choices about what they eat.
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school in packed lunches is also healthy.

These aims will be addressed through the following areas:

CURRICULUM

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects e.g. science, technology, PSHE, PE and that it remains consistent with the whole school food policy. This includes lessons about how to maintain a balanced diet linked to the body, as well as cooking healthy food. All children in school will be involved in preparing a range of food during each school year and will make at least one snack per half-term. The aim is that they will create a range of healthy snacks utilising their growing knowledge of food.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory January 2015. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops and after-school clubs.

BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards.

The breakfast menu includes a range of cereal/ milk, bagels/ butter/ and apple or orange juice.

BREAKTIME SNACKS

The school understands that snacks are an important part of the diet of young people and can contribute positively towards a balanced diet and improve concentration. Children are discouraged from bringing their own snacks to school because all children in school receive a piece of fruit at morning break time and the option to have school milk. All children have a water bottle in school and are actively encouraged throughout the day and especially at break time to have a drink.

DRINKS IN SCHOOL

All children are given a free water bottle when they start full time school. We ask parents to wash and fill the bottle each day with water and the children take the empty bottle home each day. We ask parents/ carers to help support us on teaching the children the benefits of drinking water as part of a healthy lifestyle. We ask parents to not send bottles filled with dilute juice, fruit juices or fizzy pop as this can contribute to obesity, tooth decay & eventual type 2 diabetes. We do recognise these drinks can be part of a balanced diet and in moderation may not present risk and ask they are drank when children are at home. But at school children can drink their school milk and water.

In school lunch boxes we ask for water, sugar free flavoured water or sugar free dilute juices only.

We actively encourage children to drink water and discourage juice and fizzy drinks in line with guidance shared with schools.

<https://www.gov.uk/government/publications/schoolfood-standards-resources-for-schools>

https://www.publichealth.hscni.net/sites/default/files/Water%20Provision%2009_10.pdf

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6336322/>

https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html#:~:text=Benefits%20of%20Drinking%20Water&text=Water%20has%20no%20calories%2C%20so,Keep%20a%20normal%20temperature.

SCHOOL LUNCH

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. As a school, we encourage pupils to have a school lunch provided by our catering service. All infants are entitled to a universal free school meal. The school menus are decided by the school cook in conjunction with a group of pupils and are based upon the National Nutritional standards. The meals are on a three-week rotation and details can be found on our school website of the current menus. Children are provided with water with their lunch.

<https://www.johntrice.notts.sch.uk/lunch-menus/>

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal. **Fizzy drinks and sweets are not permitted.**

Below are several example items for a well-balanced lunchbox that we would encourage:

- A sandwich or wrap with a choice of filling (cheese, ham, tuna, cheese spread)
- Crisps e.g any type of crisp but ensuring a regular sized bag
- Veg sticks e.g carrots, cucumber, tomato
- Tub of pasta
- Fruit e.g apple, orange, fruit in a pot
- Yoghurt
- Yoghurt drink
- Mini cheese
- Cake bar
- Small chocolate bar
- Cereal bar

We would encourage children to only bring one chocolate item each day e.g Monday – a small chocolate cake, Tuesday – Chocolate yoghurt, Wednesday – small chocolate bar e.g two finger KitKat.

Nut Free school

John T. Rice Infants aim to be a nut free school in order to protect those children with nut allergies. We recognise that this cannot be guaranteed, but do ask parents/ carers to ensure as much as they can they do not send in items that contain nuts. This includes Peanut butter and Nutella.

SPECIAL DIETS

The school provides food in accordance with pupils' religious beliefs and cultural practices as required. School caterers offer a vegetarian option at lunch when ordered in advance. If parents would like to discuss the provision of school food in line with religious and cultural beliefs, please speak to the school office who will put you in touch with our school cook.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents/carers are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms, adverse reactions and actions to be taken in an emergency as well as emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to our agreed process.

THE FOOD AND EATING ENVIRONMENT

The school provides a clean, sociable environment for pupils to eat their lunch and has developed the healthy aspects of the dining room environment. We actively encourage children to tidy their own plates away after eating and if they drop food on the floor to either ask a MDSA to pick it up or if able do this for themselves, then wash their hands. It is extremely important to us that the tables and seats are clean for the second sitting of children and the MDSA wipe the tables between sittings to ensure the children have a clean table to eat at.

CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community – including governors, parents, staff and children. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

Written July 2023