

**BEAN PRIMARY SCHOOL  
HEALTHY EATING POLICY**

**Mission Statement**

"Our overall mission is to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

The Governing Body recognises its responsibility for setting a strategic framework for the school's Food Policy and for monitoring its implementation."

**Aim of Policy**

This school aims to ensure that its staff and pupils are more knowledgeable, better motivated and more able to maintain a healthier style of eating by enjoying a variety of foods. This policy document, however, recognises that food choices are shaped by a wide range of influences and that some of these influences such as food advertising and parental income are beyond the scope of this policy.

**Objectives**

- To ensure that a range of foods which meet dietary recommendations for health are available and promoted as practical, easily accessible and affordable choices within the school.
- To set an example to pupils in all eating and drinking related activities within the school.
- To respect staff and pupil choices and attitudes to food and drink by adopting and promoting healthier choices in the dining room.
- To provide staff and pupils with opportunities to learn about the health implications of food and drink choices ensuring that as far as possible, consistent and accurate nutritional information is given.
- To integrate the views of pupils, staff, governors and parents into future strategies for promoting learning about food and drink and widening the access to healthier food options within school.
- To ensure that there are adequate resources to implement and evaluate the policy.
- To promote school lunches
- To review policy targets and set new ones as appropriate.
- To ensure a "Whole School Approach" to healthy eating and drinking.
- In order to reduce allergic reactions to nuts, packed lunches should avoid nut snacks.

**Food and Drink in School**

The current policy on food and drink consumed in school is as follows:

**Mid-morning break**

- Fresh fruit or fresh vegetables
- Milk or water

**Lunch**

- School lunch and drink
- Packed lunch with drink

*NB No nuts or nut products, fizzy drinks, chocolate bars or sweets.*

All pupils are given personalised drinking bottles (when they join the school) for water to drink during the day. Water fountains give pupils access to drinking water at playtimes.

**Birthdays**

Sweets are no longer to be shared with classmates for a child's birthday.

Ratified: March 2016

Review date: March 2019