

St Matthew's Primary School Food policy

HEALTH
EDUCATION
TRUST



MISSION STATEMENT

We will work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment.

We will provide high quality food education and support children with the skills needed to create a range of healthy dishes.

LEADERSHIP

Making our school top of the class for food

Our goal

Ensure Senior Leadership and the Food Education Coordinator help to promote an environment where healthy eating is encouraged and healthy choices are supported.

How we will achieve it

- Ask the whole school community for its views on food issues and keep everyone informed about food issues in school that change.
- Build confidence in school food and try to improve the number of children who have school meals.
- Seek to extend our healthy school work by working with the Cambridgeshire PSHE Service
- Ensure staff have up to date knowledge, skills and resources to educate pupils about food.
- Provide curriculum opportunities including a curriculum framework that includes learning about healthy eating and practical food education within the context of healthy lifestyles.

LUNCHTIME

Ensuring school dinners are good for us and the planet

Our goal

Ensure pupils and staff receive nutritious, fresh, local and organic food at lunch and throughout the school day, and that this food is delicious, seasonable, affordable and safe.

How we will achieve it

- Provide food of consistent nutritional quality throughout the school day which meets the current Governments food regulations.
- Aim to meet the Food for Life Catering Mark standards of 75% freshly prepared and address issues of seasonality, animal welfare and sustainable fishing.
- Ensure pupils have easy access to drinking water throughout the day and staff will encourage children to be well hydrated.
- Provide information to parents / carers on healthy packed lunch ideas through parent workshops.
- Suggest to parents that each child's packed lunch box should only contain one 'treat' (e.g. flapjack bar) per day.
- Involve the children in promoting healthy packed lunches to parents/ carers.

- During break times encourage children to bring in fresh fruit and vegetables only and provide opportunities for KS2 to buy healthy snacks.
- We ask that parents do NOT give a portion of dried fruit for a snack. Dried fruit has a high sugar content and sticks to teeth, causing tooth decay. A portion can count as one of a child's "five a day", but it is best to have dried fruit at home when children can brush their teeth after.
- Children educated on the importance of a balanced diet and knowing that they need to eat a range of plant foods, proteins and carbohydrates every day (Glow, Grow and Go). Children also learning that foods high in sugar should only be eaten in moderation.
- Cakes and treats are only allowed during the school day as part of celebrations (e.g. birthdays, end of term parties).

LEARNING

Ensuring we cook and grow more food and visit farms

Our goal

Provide a well-planned curriculum that covers nutrition, food hygiene and sustainable and ethical food production. To also offer practical hands-on food education like cooking and growing projects and farm links.

How we will achieve it

- Help pupils understand the importance of a healthy diet and physical activity.
- Give all pupils the opportunity to plan, prepare and cook healthy, savoury meals.
- Give pupils the opportunity to learn about growing and farming of food and its impact on the environment.
- Encourage pupils to eat and cook with vegetables that they have grown at home and within school.
- Create opportunities for pupils to get to know local producers and food businesses.
- Create opportunities for children to learn about how to feed themselves healthily (learning how to taste more vegetables, learning how to recognise hunger and fullness).

SHARING & CARING

Making sure we enjoy food and meet new people

Our goal

To try and create an enjoyable and sociable dining experience for pupils in school, and a lively food culture at school and in the wider community.

How we will achieve it

- Provide an enjoyable lunchtime environment and experience and monitor this using the children's ideas for improvements.
- Involve parents and guardians in an ongoing healthy packed lunch and snack campaign.
- Involve the whole school community in growing and cooking activities and food events to help promote healthy and sustainable food.
- Encourage healthy food choices using the Go, Grow and Glow initiative.

MONITORING & REVIEW

This policy will be monitored by the School Nutrition Action Group. It will be reviewed every other year. If you would like to make any comments about the policy please feel free to contact us.