

Whole School Food Policy

Approved by:	Governing Board	Date: July 2024
Last reviewed on:	Summer 2024	
Next review due by:	Summer 2027	

1. Policy Statement

At **Nanstallon School** we recognise the importance of healthy food and know that good nutrition is central to good physical and mental health both short term and long term.

Our school is dedicated to promoting a healthy eating culture among our students, in line with government guidelines for nutrition and well-being.

Aims

- a. To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, staff, and visitors to our school.
- b. To give pupils the information and skills they need to make healthy choices.
- c. To continue to actively support and model healthy eating and drinking throughout the school day.
- d. To ensure that food provision in school reflects the requirements of pupils and staff.
- e. To make the consumption of food an enjoyable experience.
- f. To promote positive eating behaviours and habits.

2. Objectives

- a. To continue to promote healthy eating by giving our students the information about food and diet and by providing them with the skills needed to make informed choices.
- b. To promote health awareness.

- c. To review the curriculum regularly and ensure that information relating to food and nutrition being delivered is consistent and up to date.
- d. To promote healthy lunches in school and facilitate healthy food and drink choices.
- e. To work with parents/carers and children on ensuring that when packed lunches are provided the content of them is as healthy as possible.
- f. To ensure that teaching and catering staff have a basic food hygiene qualification and informs/monitors staff as appropriate.
- g. To deliver healthy eating and drinking messages throughout school.
- h. To provide cooking and/or food preparation lessons in all year groups as appropriately linked to Nanstallon's Life Skills and DT curriculum.

3. Implementation

To ensure the health and well-being of our school community, we have implemented the following policies regarding the food served on our premises:

1. Use of Fresh Fruit and Vegetables: Fresh fruits and vegetables are essential components of a balanced diet and provide vital nutrients for growth and development. Our school will prioritize the incorporation of fresh fruits and vegetables in all meals provided to students, as recommended by government nutritional guidelines.
2. Minimal use of Processed Meats: Processed meats are often high in sodium, preservatives, and saturated fats, which can have negative effects on health. Therefore, our school will not serve any processed meats in our cafeteria, opting instead for lean proteins such as poultry, fish, and plant-based alternatives.
3. Use of Natural Oils: In alignment with government recommendations, our school will utilize natural oils, such as olive oil, coconut oil, and avocado oil, in cooking and meal preparation. These oils contain essential nutrients and are a healthier choice compared to processed oils.
4. Inclusion of Animal Fats: While we prioritize the use of natural oils, we understand that animal fats can also be a source of essential nutrients. Our school will use animal fats in moderation, following government guidance on maintaining a balanced diet.
5. Ingredients and Provenance: Ingredients are sourced from local producers wherever possible and these ingredients are as ethically produced as possible.

6. All children have access to filtered water for their water bottles
7. Under 5s are entitled to free whole milk, as are children in receipt of FSM
8. There is a fortnightly rota of menus and this is changed twice a year
9. A food hygiene rating inspection is carried out at least once every 5 years, as per the current guidance.

Packed Lunches provided by parents: In line with guidelines, children's packed lunches should be balanced and contain foods that contain a portion of fruit/vegetables, and natural protein.

Processed and high carbohydrate, sugary foods are discouraged as they do not promote a balanced diet and healthy equilibrium.

Celebrations

Your child's birthday is an important event and is marked in school with recognition in assembly and your child's class.

Parents should only send a home baked treat or similar to share with their child's classmates. Sweets are not allowed.

Prohibited items

We do not allow confectionery (sweets, chocolate, chocolate coated products) to be consumed in school

We do not allow sweet carbonated drinks

When necessary, we will prohibit allergen foods

Foods that are shown to be heavily laden with additives and are considered very unhealthy will not be allowed

Education

- i. Healthy eating is not just about lunchtimes. We will teach children how and why they need to eat a healthy diet and help them to develop positive nutrition attitudes and habits.
- ii. We will teach cooking in line with the statutory requirement to do so. The PSHE / Life Skills curriculum will support this by teaching children about health issues surrounding diet and the science curriculum will do so by teaching about the human body and human nutritional needs.

- iii. We will teach children to be independent decision makers so that they can make best use of the knowledge they will gain.

Incentives

- i. Children are praised for healthy eating, trying something new, and showing good manners at the lunch table.
- ii. Adults will be encouraged to eat with the children and eat a healthy school lunch.

Student Voice

- i. As a school, we believe that student voice is at the heart of what we do. We recognise this in relation to nutrition and healthy eating.

Parent/Carer & Staff Involvement

- i. We invite parents to sample the school meals; this helps us to review all aspects of nutrition in school.
- ii. Parents/Carers are invited to discuss any issues or suggestions with [Chris Chance](#) by contacting cchance@nanstallon.cornwall.sch.uk or at parent evenings.

By implementing these policies, we aim to establish a supportive environment that encourages healthy eating habits and promotes the overall well-being of our students. We appreciate the cooperation of our school community in adhering to these guidelines.