



Healthy Eating or Food Policy

1.0 Aim

- 1.1 To ensure that all aspects of food and nutrition in the Academy promote the health and well being of children and young people, staff and visitors to the Academy.

2.0 Objectives

- To improve the health of children and young people, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To ensure children and young people are well nourished at the Academy, and that every child and young person has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the Academy day.
- To ensure that food provision in the Academy reflects the ethical, cultural and medical requirements of staff and children and young people e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To provide an opportunity for children and young people to plan recipes, budget, prepare and cook food.
- To monitor menus and food choices to inform policy development and provision.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

3.0 National Nutritional Standards for School Lunches

- 3.1 National Nutritional Standards for school lunches became compulsory in April 2001.
- 3.2 The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.
- 3.3 Food prepared by the Academy catering team meets the National Nutritional Standards for School Lunches.

4.0 Procedures

- 4.1 Procedures to support this policy are attached and address the following areas:
- Academy Nutrition Action Group
 - Breakfast Clubs
 - Break time snacks brought from outside school
 - School lunches
 - Packed lunches
 - Water

- Curriculum
- After school clubs

5.0 Policy review date

- 5.1 The Academy Nutritional Action Group, The Trust Board and Principal will review this policy statement annually and update, modify or amend it as it considers necessary to ensure *that all aspects of food and nutrition in the Academy promote the health and well-being of children and young people, staff and their families.*
- 5.2 The Principal will ensure that healthy food provision in the Academy and related education are reviewed annually or sooner in response to the findings of ANAG questionnaires.
- 5.3 The Principal will ensure that all food provided on academy premises adheres to The National Nutritional Standards for Healthy School Lunches

Adopted by the Appleton Academy on

Chair of Academy Trust Board

Principal

Review date.

6.0 Procedures

6.1 Academy Nutritional Action Group (ANAG)

6.2 Within the first half term of opening, Appleton Academy will establish an Academy Nutritional Action Group which will provide a mechanism for consulting with children and young people at all stages of developing the school food policy and all aspects of food in the Academy.

6.3 Academy Nutritional Action Group:

- Will be involved in consultation regarding healthy food options,
- Will enable children and young people to have a voice,
- Will disseminate the healthy eating policy and healthy eating messages to the classes;
- Will work with the Catering Manager – inviting him to ANAG meetings.

7.0 Breakfast Clubs

7.1 The Breakfasts clubs will promote low cost healthy breakfasts in line with government guidelines and provide a range of healthy activities. Whilst breakfast will be provided for all children and young people who request the service, those who would otherwise go without or would benefit from a 'positive' environment at the beginning of the day will be 'targeted'. A pleasant supervised area with suitable seating and tables will be provided for children and young people.

7.2 The food that will be made available will be:

- Wholegrain cereals,
- Fresh fruit,
- Wholegrain bread,
- A variety of low salt, low sugar and low fat spread,
- Milk,
- Fresh drinking water.

8.0 Break Time Snacks brought from outside the Academy

8.1 All snacks brought into the Academy will be restricted to fruit or vegetables

8.2 All children under the age of 7 will be provided with fruit or vegetables as part of the Free Fruit scheme

8.3 Young people based at the secondary site can buy healthy snacks from the canteen

8.4 Staff will monitor the eating of snacks at break times

9.0 School Lunches

- 9.1 The Academy will provide free school meals to all those children and young people who are entitled to them.
- 9.2 All lunches will be prepared following the government's nutritional guidelines.
- 9.3 There will be a limited choice of hot and cold meals to ensure a balanced meal.
- 9.4 Eating arrangements – children and young people will be able to sit in friendship groups.
- 9.5 There will be a queuing policing with a rotation of sittings.
- 9.6 The lunch hall will be made as pleasant as possible to encourage good social interaction.
- 9.7 Academy staff will be encouraged to have school lunches and sit with children and young people as role models.

10.0 Packed Lunches

- 10.1 The Academy will provide facilities for children and young people bringing in packed lunches.
- 10.2 The Academy will work with parents/guardians to ensure that packed lunches contain healthy options.
- 10.3 Packed lunches must follow the guidance set out in 'Appleton Academy Healthy Pack Lunches Guidance' (Appendix 1)
- 10.4 Children and young people can bring only water or 100% fruit juice.
- 10.5 Any food left in lunchboxes will be sent home
- 10.6 There will be no swapping of food
- 10.7 Fruit to be consumed at break time should come in a separate container/ bag.

11.0 Water

- 11.1 The Academy will encourage children and young people to drink water at frequent intervals throughout the day.
- 11.2 Water will be freely available at lunchtime
- 11.3 Children and young people will be allowed to name water bottles however for hygiene reasons they must be taken home daily to be washed.

11.4 After physical activity and during hot weather, children and young people will be encouraged to drink more water.

11.5 Plastic bottles must contain only water – this should not be flavoured water.

12.0 Curriculum

12.1 Nutritional education will be covered within the PSHE, SEAL and science education.

12.2 Children and young people will have regular, timetabled opportunities to cook and prepare food.

12.3 Children and young people will be made aware of healthy eating throughout the curriculum

12.4 There will be consistent messages across the curriculum about healthy eating

12.5 Healthy foods will be actively promoted through regular tasting sessions.

12.6 All children and young people will learn about and apply food hygiene

12.7 Children and young people will learn and apply the principles of a balanced diet and diet affects health.

13.0 After School Clubs

13.1 The food and drink provision at after school clubs will be in line with Academy policy.

13.2 Cookery and growing clubs will actively promote healthy eating and active lifestyles

Exciting Packed Lunch Ideas

Try to vary the type of bread such as wholemeal, granary or high fibre white bread, bread rolls, French bread, bagels and pitta bread as well as sliced bread.

Use a different sandwich filling each day - preferably including a fruit or vegetable.

Sandwich fillings to try:

- * Peanut butter and grated apple
- * Cheese and cucumber
- * Mashed banana
- * Tuna and sweetcorn
- * Hummus
- * Chicken, lettuce and tomato
- * Grated cheese and carrot
- * Cottage cheese, grated carrot and grated apple

Some fruits to try:

- * seedless grapes
- * satsumas
- * tangerines or clementines
- * small bananas
- * cherries
- * apples
- * plums
- * fruit salad
- * dried apricots
- * dates
- * raisins



Healthy Packed Lunches

All packed lunches eaten at Appleton Academy are required to follow the new school food standards for school lunches, which ensure that all children and young people benefit from eating quality food during the school day.

A healthy packed lunch should include at least one from each of these groups:

A portion of lean meat, fish or alternative,

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel

e.g. chicken, ham, beef, tuna, egg, beans or hummus;

A good portion of starchy food

A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.

e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice salad

Plenty of fruit and vegetables

At least one portion of fruit and one portion of vegetable or salad every day

e.g. an apple, satsuma, handful of cherry tomatoes or

A portion of dairy food

A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day

** Tubes of yoghurt such as frubes or squeezers are not permitted*

A drink

Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

** Fresh drinking water will be available at all times*

Sweets, chocolate and biscuits

A slice of malt loaf or banana bread or a fruit scone can provide sweet options. A small packet of crisps or a chocolate biscuit can be included occasionally, no more than one a week.