**Northumberland Healthy School Programme**

**WHOLE SCHOOL FOOD POLICY**

**School Name:** Grange View C of E First School

**Date of Policy implementation:**

**Date of next review:**

The policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, LA representatives, community dietician, oral health promotion and local Healthy School Standards representative. This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

**Rationale**

Our healthy eating policy will encourage, reflect and build upon the values outlined in the national Curriculum and those in the schools’ mission statement. It is based on the advice and guidance from the Food in Schools materials and supported by the Northumberland Healthy School Programme. Current research indicates that health issues related to diet are a major factor in ill health and mortality issues.

Schools share the responsibility with parents and the wider community (nurses, oral health) to educate pupils in all aspects of food and nutrition so enabling them to make healthy, informed choices through increasing knowledge, challenging attitudes and practising skills.

**Aim(s)**

* To ensure that all aspects of food and nutrition on the school site promote the health and wellbeing of pupils, staff and visitors to our school at all times.
* To provide current information, support and guidance on healthy eating for the whole school community.
* To provide age appropriate knowledge and skills in order to make healthy choices.
* To provide an environment that promotes a healthy, happy, pleasurable eating experience.
* To encourage positive oral health through food and drink options.

**Objectives:**

* To review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
* To work with the school caterer to encourage pupils to make healthier choices.
* To ensure that the person with responsibility for food has basic food hygiene training.
* To work in partnership with parents and pupils to raise the awareness of healthy eating.
* To contribute to reduction in dental caries.
* To provide free access to palatable drinking water.
* To improve the dining experience and encourage more young people to take a school lunch.
* To reduce the intake of salty, fatty and sugary foods.
* To ensure that practical work is carried out as hygienically and safely as possible.
* To promote and enjoy the preparation and cooking of food.
* To develop social skills in a pleasant dining environment.
* To encourage experimentation with unfamiliar foods.
* To discourage unhealthy food products including high fat/high sugar items as a reward or part of a celebration.

**Optional**

* To promote our healthy breakfast club.
* To establish a food week in school to promote healthy eating, oral health and drinking messages e.g. National Smile Week and Fruity Friday.

**Guidelines**

We will meet our objectives through:

* Discussion at School Council about healthy options
* The formal curriculum: Coordinator to monitor cooking activities within the curriculum
* Healthy packed lunches: Review schools rules on food brought in from home including snacks, rewards and packed lunches. Provide parents with appropriate information on healthy food choices and oral health. (See packed lunch information attached).
* Provide access to drinking water .
* Work with the school caterer to improve the uptake of school meals and increase the consumption of fruit and vegetables. Invite parents into school for schools lunch.
* Include tasters at the table, vegetarian options and more plentiful salads.
* Supporting National School Food Week: Publicise through newsletters. Celebrate using assemblies.
* Continuing Professional Development: Sending the person in charge of food on 1-day basic food hygiene course, Oral Health for staff, Faddy Eaters or other nutrition/food related training.

**Monitoring and Evaluation - the school with monitor and evaluate objectives by:**

* School Council to review the policy annually in light of improvements and changes.
* Auditing the formal curriculum: Head Teacher to receive a summary and/or observe a sample of lessons.
* Breakfast club provision: School staff to report on the number of pupils using the service. Ask pupils, parents and teachers their thoughts about the club and the range of food provided.
* CPD: Teacher in charge of food disseminates materials at a training day with other teachers and school staff.

**Signed:**

**Headteacher:**

**Chair of Governors:**

**Date:**

**Healthier Snacks and Drinks**

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| **Between Meals**Remember to keep sugar to four occasions or less each day(3 meals and 1 snack) |
| **Snacks** | **Drinks** |
| * Fresh fruit e.g. apples, bananas, peaches.
* Fresh vegetables e.g. carrot, cucumber, celery batons.
* Toast, crumpets or pitta bread.
* Plain crackers, breadsticks, oat or rice cakes, cheese scones.
* Cheese.
* Sandwiches with savoury fillings e.g. cheese, ham, hummus.

Avoid sweet fillings e.g. honey, jam.* Plain yoghurt (not fruit yoghurts).
 | * Plain water (not flavoured or carbonated).
* Milk (not milkshakes).
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| **If you have these then please only have them occasionally and only as part of a meal, not between meals.** |
| * Dried fruits e.g. raisins, apricots.
* Sweets and chocolate.
* Biscuits, fruit scones, teacakes.
* Ice-cream.
* Crisps.
* Tinned fruit (in natural juice or syrup) e.g. peaches, pears, oranges.
 | * Fresh fruit juice e.g. orange, apple
* Diluted juices e.g. blackcurrant, orange.
* Fizzy drinks e.g. cola, lemonade.
* Milkshakes.
* Smoothies.
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**Healthy Packed Lunch Ideas Week 1: Kids aged 5-9 Years**

**Monday:**

* Banana sandwich with wholemeal bread
* Tomato
* Boiled egg
* Low-fat fruit yoghurt
* Small box of raisins
* Semi-skimmed milk

**Tuesday:**

* Tuna and sweet corn wholemeal roll
* Reduced fat cheese triangle
* Satsuma
* Apple juice, unsweetened

**Wednesday:**

* Pasta and sausage salad (with spring onion and red pepper)
* Stewed apple and blackberry with crumble top
* Reduced fat natural yoghurt
* Bottle of water

**Thursday:**

* Edam cheese, ham and lettuce pitta pocket
* Tomato
* Small flapjack
* Nectarine
* Reduced fat yoghurt drink

**Friday:**

* Houmous, red pepper and grated carrot wrap
* Grapes
* Creamed rice pot
* Slices of malt loaf
* Bottle of water

**Healthy Packed Lunch Ideas: Week 1 - 9 years and older and adults**

**Monday:**

* Double-decker sandwich with ham (reduced salt) and salad
* Mini blueberry muffin
* Mixed dried fruit
* Kiwi
* Bottle of water

**Tuesday:**

* Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
* Fresh fruit salad with low-fat fromage frais
* Slice of banana cake
* Apple juice, unsweetened

**Wednesday:**

* Mexican chicken wrap
* Carrot sticks and baby corn
* Mixed fruit salad
* Slices of malt loaf
* Yoghurt drink

**Thursday:**

* Spicy beans and vegetables
* Mini pitta pockets
* Raspberries
* Low-fat fromage frais
* Fruit smoothie (made with semi-skimmed milk)

**Friday:**

* Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yoghurt)
* Flapjack with dried apricots
* Orange
* Bottle of water

**Healthy Packed Lunch Ideas - Week 2 - 9yrs and older and adults**

**Monday:**

* 6 oatcakes
* Double Gloucester cheese
* Chutney
* Salad
* Fruit scone
* Apple juice, unsweetened

**Tuesday:**

* Cold spicy chicken strips
* Rice with beans and peas
* Slice of Jamaican ginger cake
* Low-fat plain yoghurt
* Fruit smoothie

**Wednesday:**

* Smoked mackerel and potato salad (with mushrooms and spring onions)
* Yoghurt
* Slice of carrot cake
* Apple
* Orange juice, unsweetened

**Thursday:**

* BLT (grilled bacon, lettuce and tomato sandwich)
* Mixed seeds
* Grapes
* Dried apricots
* Drinking yoghurt

**Friday:**

* Poppy seed bagel with live pate and cucumber
* Carrot sticks
* Small box of raisins
* Semi-skimmed milk

**Healthy Packed Lunch Ideas: Week 3 - 9 years and older and adults**

**Monday:**

* Wholemeal muffin with tinned pilchards, cream cheese and cucumber
* Cherry tomatoes
* Date slice
* Kiwi fruit
* Bottle of water

**Tuesday:**

* Ham and tomato sandwich on wholemeal bread
* Vegetable dippers and guacamole
* Dried apricots
* Milk smoothie

**Wednesday:**

* Egg and tomato pitta pockets
* Slices of malt loaf
* Yoghurt
* Slices of canned fruit in juice
* Bottle of water

**Thursday:**

* Pasta salad (with spring onions, yellow and green pepper)
* Fruit fromage frais
* 2 plums
* Apple juice, unsweetened

**Friday:**

* Sliced beef roll with cucumber and lettuce
* Reduced-fat coleslaw
* Low-fat fruit yoghurt
* Pear
* Semi-skimmed milk

**Healthy Packed Lunch Ideas: Week 4 - 9 years older and adults**

**Monday:**

* Meat spread and cucumber sandwich
* Low-fat soft cheese and carrot sticks
* Nectarine
* Apple juice, unsweetened

**Tuesday:**

* Turkey ham baguette with lettuce
* Tomato
* Low-fat fruit yoghurt
* Fruit cocktail
* Grapefruit juice, unsweetened

**Wednesday:**

* Egg, cress and reduced-calorie mayonnaise in granary roll
* Plain popcorn (small packet)
* Cucumber and carrot batons
* Canned peach slices in juice
* Milkshake

**Thursday:**

* Potato salad with spring onion, mixed beans and avocado (in low-fat plain yoghurt)
* Cherry tomatoes
* Ready-to-eat apricots
* Mango slices
* Bottle of water

**Friday:**

* Mackerel and rice salad with tomato sauce and mixed vegetables
* Orange
* Fruit fromage frais
* Semi-skimmed milk

**Healthy Packed Lunch Ideas: Week 5 - 9 years and older and adults -**

**Monday:**

* English muffin toasted, with reduced-fat hard cheese, tomato and ham slices (reduced salt)
* Grapes
* Slices of malt loaf
* Orange juice, unsweetened

**Tuesday:**

* Tuna and sweetcorn sandwich (brown bread with reduced-calorie mayonnaise)
* Kiwi fruit
* Muesli yoghurt, low fat
* Scotch pancake
* Bottle of water

**Wednesday:**

* Chicken salad (tomato, cucumber, lettuce) with West Indian bread
* Mango slices
* Pepper slices
* Fruit scone
* Semi-skimmed milk

**Thursday:**

* Rye bread and low-fat cream cheese
* Green salad with celery sticks and apple slices
* Small packet of mixed seeds and raisins
* Low-fat fruit fromage frais
* Grapefruit juice, unsweetened

**Friday:**

* Skinless chicken drumsticks
* Salad with sweetcorn and tomato
* Banana bread
* Melon
* Bottle of water

**Healthy Packed Lunch Ideas: Week 6 - 9 years and older and adults**

**Monday:**

* English muffin toasted, with reduced-fat hard cheese, tomato and ham slices (reduced salt)
* Grapes
* Slices of malt loaf
* Orange juice, unsweetened

**Tuesday:**

* Tuna and sweetcorn sandwich (brown bread with reduced-calorie mayonnaise)
* Kiwi fruit
* Muesli yoghurt, low-fat
* Scotch pancake
* Bottle of water

**Wednesday:**

* Chicken salad (tomato, cucumber, lettuce) with West Indian bread
* Mango slices
* Pepper slices
* Fruit scone
* Semi-skimmed milk

**Thursday:**

* Rye bread and low-fat cream cheese
* Green salad with celery sticks and apple slices
* Small packet of mixed seeds and raisins
* Low-fat fruit fromage frais
* Grapefruit juice, unsweetened

**Friday:**

* Skinless chicken drumsticks
* Salad with sweetcorn and tomato
* Banana bread
* Melon
* Bottle of water

**Healthy Packed Lunch Ideas: Week 1 - children aged 5-9 Years**

**Monday:**

* Banana sandwich with wholemeal bread
* Tomato
* Boiled egg
* Low-fat fruit yoghurt
* Small box of raisins
* Semi-skimmed milk

**Tuesday:**

* Tuna and sweet corn wholemeal roll
* Reduced fat cheese triangle
* Satsuma
* Apple juice, unsweetened

**Wednesday:**

* Pasta and sausage salad (with spring onion and red pepper)
* Stewed apple and blackberry with crumble top
* Reduced fat natural yoghurt
* Bottle of water

**Thursday:**

* Edam cheese, ham and lettuce pitta pocket
* Tomato
* Small flapjack
* Nectarine
* Reduced fat yoghurt drink

**Friday:**

* Houmous, red pepper and grated carrot wrap
* Grapes
* Creamed rice pot
* Slices of malt loaf
* Bottle of water