

# **Healthy Eating and Nutrition Policy**

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# HEALTHY EATING AND NUTRITION POLICY

## Introduction

At Annan all aspects of a child's wellbeing and holistic development are valued. We know that eating well is vital for good health and understand that there is a strong link between a healthy diet and physical, mental and social well being. As a school we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other and in celebrating, nurturing and increasing our appreciation of cultural diversity.

We are committed to giving children consistent messages to help them take responsibility for and understand the impact of choices they make. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and overall wellbeing.

This policy has been formulated to enable the school to develop and maintain a clear, shared philosophy on all aspects of food and nutrition that benefits the whole school community.

## Aims and objectives

- To encourage children to enjoy food and make informed choices
- To promote life-long learning about food and nutrition
- To understand that nutritious food is essential to their ability to learn
- To ensure that we are giving consistent and up to date messages about food and health
- To teach accurate information about food and nutrition as part of the curriculum
- To promote the importance of drinking water and encouraging children to drink water throughout the day
- To promote healthy balanced snack choices (including EYFS)
- To ensure school cooked lunches are balanced and nutritious
- To promote healthy options for cookery in school
- To encourage packed lunches for Reception to Year 6 to be healthy and balanced
- To ensure that the food provision and cooking ingredients used in school reflect the needs of all children eg catering for specific food-related allergies

## Annan is a Nut Free school

Due to several children at Annan having significant nut allergies, Annan is a '**Nut Free School**'.

This includes all snacks, lunches (including packed lunch in kindergarten every day and on outing days in rest of school), cooking and all shared events.

### **Our "Nut-Free Policy" means that the following items should not be brought into school:**

- Packs or pots of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cake made with nuts or coconut
- Muesli and granola
- Food containing lentils (incl. red, brown, puy, green, yellow & beluga)
- Nutty bread

We have a policy not to use nuts or nut derivatives in school cooking sessions. Our lunch caterers provide nut-free food. However, we cannot guarantee food is free from nut traces.

## **Cookery and Nutrition in the curriculum**

We believe that cookery and nutritional education has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most curriculum areas which are considered when planning topics.

Children receive multiple opportunities to learn about how to grow their own food and each class has access to outdoor growing beds. We maximise opportunities within the curriculum to discuss and work with food, such as preparing and cooking seasonal soup at Forest School. We aim to increase children's awareness of where their food comes from including elements of food production and manufacturing and how these can impact upon the environment. We aim to make ethical choices such as using free-range eggs and ingredients free from palm oil. Importance is placed on educating children about seasonal and sustainable produce. We avoid using refined sugar in cookery as far as possible and cooking ingredients are healthy and nutritious.

Cooking activities are used in a variety of ways to widen children's experiences by giving them the opportunity to touch, taste and smell a wide variety of foods from different cultures. Depending on the age of the children we also educate children about how their body uses the food they eat.

Opportunities to support and extend the curriculum will be made through:

- Cooking experiences in class
- Cooking offered as a Froebelian occupation
- Cookery Club offered as an after-school activity
- Parent workshops when appropriate

## **Food hygiene**

Several staff members across the school hold a Food Hygiene Level 2 award. All staff contribute towards good practices in relation to food hygiene, as follows:

- Children are reminded to wash their hands after going to the toilet, before cooking and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.
- Clean surfaces are used to prepare foods in cookery lesson and for snack.
- Food will be stored in appropriate places. Fridges are available to keep perishable cookery items at the correct temperature.
- Parents are informed that the packed lunches are stored at room temperature and are therefore encouraged to use insulated packed lunch boxes.

## **Health and safety**

- All staff are aware of any current food allergies or intolerances affecting specific children. Staff know where to access epi pens or other medical equipment should the need arise.
- A number of identified staff throughout the school hold current Paediatric First Aid certificates and are trained in how to deal with choking incidents.
- Children are asked not to share packed lunches or snacks. Some children are allergic to nuts and a serious reaction, including breathing difficulties could occur if accidentally ingested.
- Staff will be aware of eating disorders that can occur for younger children and ensure that we know how to recognise and respond appropriately should the need arise.

## **Drinks**

Children are expected to bring a named water bottle to school daily. Children are encouraged to drink whenever they feel thirsty. Water bottles should be filled at home each morning and can be refilled at school if needed. Milk and a dairy alternative (oat milk) is available in the morning snack time for kindergarten children. Older children are encouraged to drink water with their snack. Children have a glass of water along with their school lunch and all children are encouraged to drink.

## **Snack time**

Due to some significant allergies around school we ask that children bring in their own snack for their mid-morning break. Snacks should reflect the healthy eating policy so children are not permitted crisps, chocolate, sweets or sugary items such as sweet biscuits, cakes and doughnuts.

### **Suggested items include:**

A piece of fruit or a vegetable

Oat cakes/Bread sticks/Rice cakes

Small bread roll or sandwich with protein filling eg cheese

Cereal/oat/fruit bar (please check they do not contain nuts)

Fruit winders/peelers/Yoyos (do check ingredients– not all are the same in terms of sugar content etc)

Soreen bar

Innocent smoothie (or similar check ingredients)

Plain Crackers

Homemade flapjack or similar (low in sugar content and no nuts)

## **Lunch time**

Lunch time is a pleasurable, social occasion in which children are encouraged to sit together to enjoy their meal. We provide a calm, orderly environment conducive to positive social interaction. Fresh flowers are placed on each table and teachers eat with the children.

Kindergarten children eat in their dining area.

Reception – Year 6 eat in the hall. Children have thirty minutes to eat, although this can vary according to children's needs. There is an infant sitting at 12pm and a junior sitting at 12.30pm. Both the hall and Infant House dining room are well staffed with teachers and support staff on a rotational basis. Staff monitor the amount children eat and are available to assist with opening containers, to help maintain a clean and tidy environment and to encourage positive interactions over the meal. Staff will provide feedback to parents if children have not eaten as much as usual.

### School Lunches – (Reception – Year 6)

Our school meal provider is Cashew Catering who prepare vegetarian meals off-site and bring them in ready to eat. They work closely with us to enable children to have input into the menu. The menu is sent home to parents a week in advance. Children are encouraged to try a wide range of foods and an alternative option is available to ensure children do not go hungry. Parent views have been sought and responded to regarding school lunch menus. Cashew Catering provide balanced and nourishing vegetarian meals that contain at least one item from each of the following food groups:

- Starchy foods such as potatoes, grains, rice and pasta
- Vegetables (raw or cooked)
- Protein rich foods such as beans or cheese
- Pieces of fruit such as orange, apple, melon, pineapple, grapes, pear

### Packed Lunches – Kindergarten (+ where appropriate in older classes)

We aim to support parents in making healthy choices when preparing packed lunches. Packed lunches could ideally include unrefined carbohydrates such as bread, grains, fruits and vegetables, healthy fats such as avocados as well as a source of protein for example a hardboiled egg or cheese. They can also contain hot soup, pasta and dairy items such as yogurts. If you send in any meat products please make sure the lunchbox contains an ice pack as lunch boxes are not refrigerated. Food items which can represent a choking hazard such as grapes or olives should be cut in half lengthways.

The following are not allowed in lunchboxes:

Chocolate or snack bars containing chocolate, sweets, crisps, and fizzy drinks.

No items containing nuts are permitted. We do allow hummus.

Any uneaten food is returned in the children's packed lunch boxes so the parents and carers can see what their child has eaten whilst at school.

### **After School Club Snacks**

If staying on for after school club, children are offered fresh fruit and a starchy snack, such as a rice cake or oat cake and a drink of water.

### **Special occasions and Community events**

There are several special occasions and celebratory events over the Annan year, such as the Strawberry Tea and Winter Festival. During these events foods can contribute to a sense of celebration and sharing, therefore sweet foods such as cake may be available, in addition to more balanced 'free from' options such as sugar/dairy/wheat free options. We recognise that healthy eating does not mean elimination of certain food groups but can mean enjoying them at certain times in moderation. We educate children about the nutritional value of foods and encourage them to make informed choices.

We ask parents to bear our healthy eating and nut free policy in mind when making produce to donate.

### **Birthdays**

We ask that children do not bring in cakes or refined foods/sweets for birthdays or special celebrations but do encourage children to bring in healthy alternatives like special fruit or fruit kebabs.

### **Partnership with parents and carers**

The partnership between home and school is important in shaping how children perceive healthy eating and nutrition. We aim to learn from each other, particularly regarding diversity. We welcome parents to send in recipes from home and foods related to family and cultural celebrations.

Parents and carers have attended open meetings about school lunches and have been informed of packed lunch and snack requirements.

Parental views about school meals, packed lunches, nutrition and cookery have been gathered through a questionnaire. We respect the wide ranging parental views on food and nutrition and aim to provide a balanced response.

We ask that parents support our aim to keep refined foods especially sugar to a minimum and to avoid nuts when cooking for special events. Where food may include allergens we ask that they are clearly labelled.

### **Packaging**

Whilst not directly an issue in relation to healthy eating, we ask that parents avoid single use plastics, plastic bags and cling film in snack or lunch preparation. Please try to decant things into smaller containers wherever possible.

### **Monitoring and review**

This policy is monitored by the Proprietors and staff of the school and will be reviewed for changes in procedures and statutory guidelines in accordance with the school's policy review guidelines.