



Fleet Primary School

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Whole School Food Policy

This whole school food policy has been created using the Camden model policy which is based on statutory requirements, government guidance and best practice examples.

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Head Teacher: Don M^cGibbon

Chair of Governors: Marcus Boyland

Issue Date: January 2022

Review: January 2024

1. About the policy

Introduction

This policy covers all food provided and consumed in school including before, during and after school, on school trips and in extra-curricular activities.

Why is a policy needed?

In Camden, 1 in 5 Reception aged pupils and more than 1 in 3 Year 6 pupils are overweight or obese and we are committed to helping to reduce and prevent obesity in childhood.

We also recognise the important part a healthy diet plays in a child's wellbeing and their ability to concentrate, learn effectively and achieve.

As a school we believe that by working in partnership with parents and carers, we can play an important role in preventing and reducing obesity by ensuring pupils eat a healthy, balanced diet while at school and learn about healthy eating, cooking and making healthy food choices

The **School Food Plan** was published in 2013 by the Department of Education and sets out seventeen actions to transform what children eat in schools and how they learn about food. As part of the School Food Plan, the Department of Education launched the School Food Standards for all food served in schools. These became mandatory in all maintained schools, academies and free schools from January 2015. Governors are responsible for ensuring these are being met.

The **Eat Well Guide** was developed in 2016 and shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

We support the School Food Plan and ensure we provide food and drinks that meet the **School Food Standards** and reflects the **Eat Well Guide**.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day including at special events and celebrations

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices.

Senior Members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meal supervisors, cooks and kitchen staff. Senior Members of staff liaise with the caterer and food contractor (where relevant) to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS); at breakfast clubs, afterschool clubs, break, lunch and special events.

The PSHE lead in liaison with the Science Lead, is responsible for what is taught about healthy eating and the DT Lead is responsible for the Cooking and Nutrition curriculum.

The lead governors on personal development, behaviour and welfare ensures the policy and SFS are implemented.

Caterers and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive eating environment.

Key contacts:

PSHE and Citizenship Lead: Nicola Budd

DT/Cooking and Nutrition: Karen Coulter

Science Lead: Rachel Webb

Lead Governor: Caroline Heal and Rebecca Combes

Senior Leadership Team Member with responsibility for food in schools: Don M^cGibbon

Catering contact: Caterlink via Debbie Barry (school SBM)

This policy will contribute towards other policies in the following way

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and making healthy choices is included in the curriculum
Science	Healthy eating and nutrition education is part of the science curriculum
Design and Technology (including Cooking and Nutrition)	We teach the statutory Cooking and Nutrition curriculum to Key Stage 1 and 2 which includes practical cooking opportunities
Equality	We take account of the needs of all our children, including those with disabilities, dietary needs and allergies

Development of the policy

This policy was drafted by the head teacher following advice from Camden's Health and Wellbeing Team and discussed at a staff INSET, which included all the teaching and support staff.

We have taken account of national guidance produced by **Change4life**, information from the Department of Health and NHS and the National School Food Standards.

Teaching about healthy eating and cooking in the curriculum

The statutory Cooking and Nutrition curriculum encompasses the teaching of food and its production, preparation and nutritional value. It is a statutory part of the curriculum for pupils at Key Stages 1 and 2. The main subjects which incorporate the teaching of Cooking and Nutrition include PSHE, science and Design and Technology.

We ensure that pupils are taught cooking/food preparation every year up to Year 6. Every Year group has opportunities to prepare and cook healthy food, in line with the national curriculum and with an emphasis on hygiene and safety issues. We link teaching about healthy food choices with the various topics children are learning about.

Pupils' learning about healthy eating is monitored and assessed in line with the school's assessment policy through science, PSHE, and Cooking and Nutrition.

In September 2020 teaching about healthy eating became statutory, as part of Health Education. By the end of primary, children should know

- what constitutes a healthy diet (including understanding calories, and other nutritional content)
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Delivery of practical cooking lessons

Practical cooking lessons are based upon healthy and predominantly savory recipes. Food is handled and stored safely in line with the Food Standard Agency guidance.

Nurturing healthy eaters

There are times when some children may appear to be a 'fussy eater' and can be selective about what they eat, or how they eat. In light of the fact taste buds and food preferences change over time and research which shows it can take up to 15 times for a child to decide if they like or dislike a food, we encourage children to try foods that they have previously rejected.

It is important that the approach towards fussy eating behaviour is consistent and essential that all those involved at mealtimes agree and follow the same strategies. For this reason we ensure we discuss all issues with parents/carers and come up with joint solutions, to ensure that there is a consistent approach at home and in school.

We follow the strategies recommended by Camden which include *sitting "fussy" eaters with "good" eaters, using praise and non-food rewards for good eating behaviour and not commenting on fussy eating behaviours, allowing children to serve themselves where possible, staff sitting and eating with children at lunch times.*

2. About school lunches

School lunches

All our school meals are provided by a contracted caterer (Caterlink), who acts in accordance with the National School Food Standards (SFS) and has achieved the Silver Food for Life Partnership award. We support and promote recipes and foods that are included in school menus, ensuring that children are given a number of opportunities to try new foods. If any changes are requested and made to menus, the school and caterer ensure menus continue to comply with the National SFS.

We encourage parents and carers and pupils to choose school meals, rather than packed lunches, where possible.

Packed lunches in school and on school trips

If parents and carers choose to provide a packed lunch for their child, instead of a school meal, we ask that parents and carers follow the school's packed lunch policy (see appendix 1). This policy must also be applied for school trips.

Creating a positive lunchtime experience

The dining area has a calm and positive atmosphere where pupils can socialise and enjoy the dining experience. We have lunchtime buddies that help younger children make healthy choices and encourage them to eat fruit, vegetables and salad. Staff will periodically sit and eat their meals with pupils and use this to monitor and encourage healthy eating.

School lunches are promoted to pupils and parents and carers at the start of the school year and on an ongoing basis.

Parents and Governors are invited to sample the school lunches and provide the school with feedback on their experience which informs this policy. This has been suspended during the Covid Pandemic but the sample tasting sessions will return when restrictions on adults in the building is removed in line with the Covid Risk Assessment.

A copy of the weekly menu is displayed in the dining hall and communicated to parents and carers each week via the school newsletter. A copy is also on display in the reception area.

Staff monitor food choices and encourage pupils to try new foods. Any proposed changes to the menus are always in line with the School Food Standards.

3. Food other than Lunch (including breakfast, break and after-school)

All food other than lunch provided by the school or by an external provider (including at breakfast club, break times, and afterschool club) is in line with the School Food Plan guidelines for "food other than lunch" and reflects the healthy eating principles as promoted in the Eatwell Guide (see page 10).

We also use further guidance supplied by the Camden Health and Wellbeing Team on appropriate foods to provide at these times and base our provision on this guidance (see appendix 3 and 4).

Breakfast club

We provide food and drinks that meet the National School Food Standards for "food other than school lunches" and that reflects the Eatwell Guide, including

- Fresh, dried, stewed or tinned fruit (in natural juice)
- Vegetables e.g. tomato, mushroom, avocado or spinach
- 100% fruit juice (no more than 150ml per child)
- Porridge, wheat biscuits, popped rice cereal, low sugar muesli or cornflakes
- Toast, bagels, English muffins or teacakes (preferably wholegrain)
- Semi-skimmed milk
- Reduced-fat spreads, such as olive oil or sunflower spreads

Break time

Pupils are permitted to bring only healthy snacks low in fat, sugar and salt to school and on school trips including:

- Fruit
- Vegetables
- Plain, low fat yoghurt
- Plain popcorn
- Rice cakes (preferably unsalted)

All children in the Early Years and Key Stage 1 receive a free morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. We share any fruit left over from Key Stage 1 with the rest of the school.

After school clubs

Food and drink provided by after school clubs or brought in by pupils needs to be consistent with the school's healthy eating messages, meet the National School Food Standards for "food other than school lunches" and reflect the Eatwell Guide.

We ask that pupils do not bring the following items to eat in school*

- Cereal bars
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- Crisps
- Crackers and breadsticks
- Baked goods such as croissants and brioche
- Processed meat products such as sausage rolls, scotch eggs, hot dogs and pepperoni
- Fruit juice or squash which contains added sugar or sweeteners
- Fizzy drinks, energy drinks or sweetened milkshakes

*N.B. these foods contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).

4. Tackling Food Insecurity

We regularly promote the FSM offer to our parents and carers and we work with families who are eligible for free school meals to encourage them to take this up. To avoid stigma, FSMs are provided anonymously to those eligible.

In addition, we promote the Healthy Start scheme to families with children under 4 years old and support them to apply to receive Healthy Start vouchers that can be used to buy fresh and frozen fruit and vegetables, milk and infant formula.

We also promote and provide information about local food banks and support available for families who might be at risk of food insecurity.

5. Water for all

We want to reduce consumption of sugary drinks and so we are proud to be a water only school. This means water and milk are the only drinks allowed to be consumed outside of mealtimes (lunch and break times). In compliance with the National School Food Standards, we provide water for all pupils during school meals. If pupils bring in a sugary drink, they will be asked to take it home and we talk to parents and carers to remind them of the food policy.

We have water fountains at various locations throughout the school grounds and pupils are encouraged to drink water regularly throughout the day and have water bottles in class. Filtered Tap water is available to staff and visitors in the staff room.

During the Covid pandemic children were encouraged to fill their bottles from the water fountains and not drink directly from the fountain. Classes are filling water bottles from large jugs during the class hours too to avoid children needing to drink from the fountains.

6. Healthy events, birthdays, cake sales and rewards

We want to recognise and celebrate birthdays and other special events in a healthy way. We encourage families to bring in healthy snacks to share reminding regularly of the options for healthy alternatives to traditional cake sales.

Each term a class holds a 'class tea'. This is a fundraising opportunity for the Parent's Association and run by parents. Parents are again asked to consider bringing in healthy snacks and alternatives to traditional 'cakes' so that there is at least one healthy alternative at each event.

We believe it is important for pupils to learn about cultural and religious celebrations and food often forms an important part of these celebrations. When we hold celebrations, we predominantly serve healthy foods which are low in fat and sugar and include fruit and vegetables. If parents and carers would like to prepare food for a celebration we ask that healthier cooking methods such as baking, boiling and grilling are used instead of frying and that mostly savoury foods are provided.

Rewards

We do not reward children with food, instead we use praise and non-food rewards such as stickers.

7. Food Allergies

As part of our duty of care to all pupils we use guidance from Anaphylaxis Campaign (<https://www.anaphylaxis.org.uk/>) to take a whole school approach to food allergy management. Further support and information can be found from Allergy UK (www.allergyuk.co.uk) and Food Standards Agency (<https://www.food.gov.uk/>).

We are an "allergen aware" school and as such ask that no products containing nuts are brought into school.

In order to minimise the risk of an allergic reaction it is important that a shared responsibility between the child (if age-appropriate), family of the child, school, school caterer, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

Communication

- Firstly, and most importantly, we ask that parents of a child diagnosed with a food-allergy by a health professional e.g. a GP or dietician, make the school aware of the diagnosis in the first instance and this will be communicated to the school nurse and school caterer. It is essential that the school has full details of pupils' allergies and parents are expected to provide updates when there are changes. A medical care plan provided by a health professional is requested from parents on notification of a child having an allergy.

- Where we know there is a risk of an allergic reaction to foods amongst the children we will seek advice and may, where appropriate, consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought in to school.
- Parents/carers will be asked to fill in a form to ensure the caterer/Caterlink have the necessary information to cater for their child.

Individual management plan development

- We work with parents to develop an individual management plan that accommodates the child's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers.
- The child's management plan is reviewed annually or following the event of a reaction occurring (whichever occurs first).
- All medication is clearly labelled with the drug name, the child's name, date of birth and the expiry date. These are kept in a central location (unless the severity of the condition and care plan state it should be kept with the child at all times).
- Any child leaving school on a trip who requires anaphylaxis medication in the event of a reaction has their medication taken with them by a member of staff assigned to carry the medication.

Training and education

- All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi-pens – this training is updated every year.
- We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not allowing children to share or swap foods.

8. Partnership with parents and carers

We inform and involve parents and carers about healthy eating, including the food policy and packed lunch policy, through coffee mornings, the school website and newsletters. The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each helps to reinforce the other. As a school we always aim to lead by example and thereby provide a consistent message around healthy eating and we encourage parents and carers to do so as well.

Parents and carers are given information about and encouraged to participate in the annual National Child Measurement Programme (NCMP) that measures the weight of children in Reception and Year 6. Where needed we give information to parents and carers about where they can get advice and support for achieving and maintaining a healthy weight and we make referrals to external support services in line with our referral system when necessary.

We regularly offer Camden's Families for Life Programme through our newsletter and also targeted discussions – these are family learning workshops for children aged 2-11 years on healthy eating, physical activity and cooking. We also promote healthy eating workshops for parents and carers with children under 5, through the local Children's Centres and nurseries.

Parents and carers are made aware that we are a healthy school through our regular newsletters and how our approach to healthy eating is in keeping with this.

9. Monitoring food provision

Camden Council is responsible for the quality of the food provided for school meals in schools that use Camden's school meals contractor. In addition the school gathers feedback from pupils, parents and carers and staff about healthy eating and food provided as part of an annual review. The results are used to evaluate the impact of the food policy and to further improve the school meals and food provided throughout the school day.

We monitor food waste when appropriate and take relevant measures to reduce food waste.

10. Disseminating the policy

A full printed copy of this policy is freely available to parents and carers on request and is on the school website. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in supporting the curriculum. The policy and the packed lunch policy (in the appendix) are also periodically sent electronically to all families.

The policy is included in the:

- Staff Handbook
- School Website

11. Appendices

- Appendix 1: Packed lunch policy
- Appendix 2: Eatwell Guide
- Appendix 3: Letter for Parents – Packed Lunch FAQs information
- Appendix 4: Letter to parents - inappropriate packed lunch items
- Appendix 5: Healthy Breakfast Club
- Appendix 6: After School Club Guidance



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Appendix 1: Packed Lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school hours, including on school trips, provide pupils with healthy and nutritious food that is in line with The School Food Standards.

Why was this policy produced?

- To make a positive contribution to pupils' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, soya products every day.
- Only water, (pure fruit juice containing no added sugar, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted).
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit based crumbles.

Packed lunches should not include*:

- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks

*N.B. these food contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents and carers are asked to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

We would like to remind parents and carers that we do not allow nuts in school due to allergies that exist. Please check all food that is brought in to school to ensure there are none containing nuts

Packed Lunch Containers

Pupils and parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents and carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of harmful bacteria if they are prepared and stored at a warm temperature, so it is advised that an ice pack is included in the food container.

Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches - packed lunch containers are stored on the packed lunch trolley inside the hall. They are collected on the way in to the lunch hall and returned there when the child has eaten. They should be taken home every day at the end of school.
- Provide free, fresh drinking water.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on providing healthy packed lunches. If pupils consistently bring packed lunches that do not meet these guidelines, a letter will be sent home along with a copy of this policy.

Disseminating the policy

Key information from this policy will be incorporated into the following documents

- School Handbook / Prospectus
- Staff Handbook
- Governor Handbook
- School website

A full copy of this policy is freely available to parents on request and a summary is on the Parent's notice board. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.



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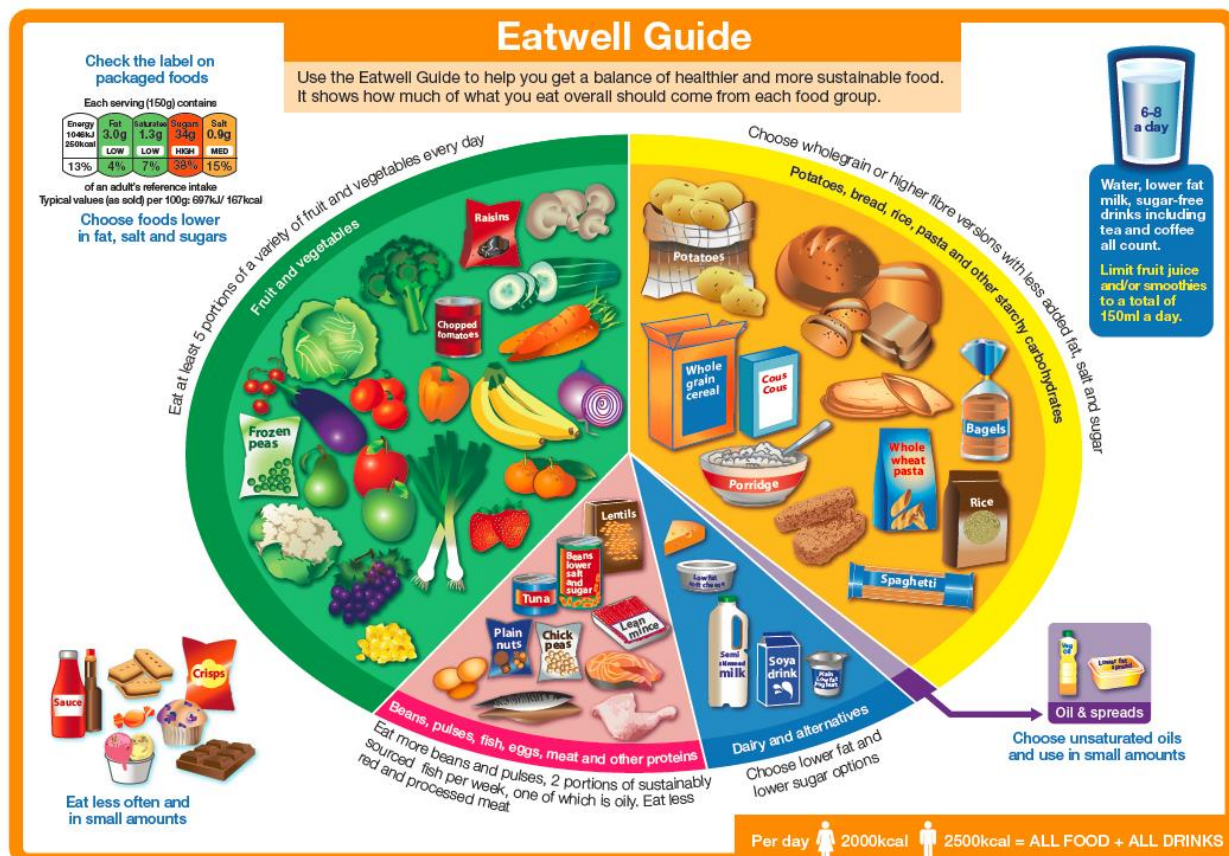
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Appendix 2: Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Appendix 3: Letter for Parents – Packed Lunch FAQs information

Dear Parent/Carer,

We are writing to let you know about the school's Healthy Packed Lunch Policy. This policy has been in place for some time and was recently reviewed at the Full Governing Body Meeting.

While we would encourage all children to have the freshly cooked hot lunches as part of a balanced diet that are provided by the excellent on site kitchen staff from Caterlink, we know some of you prefer the children to have a packed lunch from home.

The Healthy Packed Lunch Policy aims to give clear guidance to parents, carers and pupils on healthy packed lunches. A healthy packed lunch can contribute to the health of children and needs to be consistent with the nutritional standards provided by school meals. Healthy packed lunches will contribute to your child's growth and development as well as their ability to learn and concentrate at school. This policy applies to all packed lunches consumed **within school, on school trips and on school journeys**.

Special diets and allergies

We ask that parents/carers be aware of the nut allergies that exist in school and not send in any items containing nuts.

The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches - packed lunch containers are stored on the packed lunch trolley inside the hall. They are collected on the way in to the lunch hall and returned there when the child has eaten. They should be taken home every day at the end of school.
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

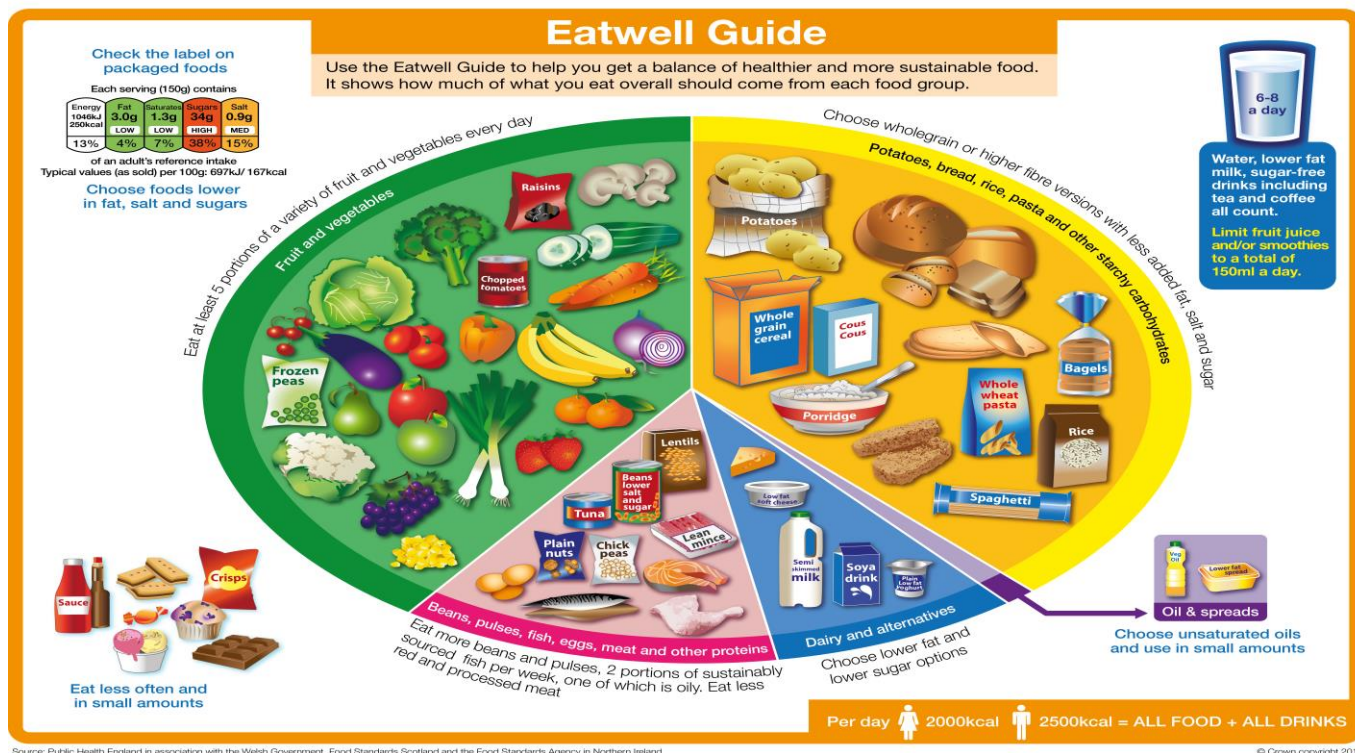
To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

Foods that should be included EVERY DAY:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals.

✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and avoid processed items such as sausage rolls and Peperami. Include oily fish such as salmon, mackerel, kippers, and sardines at least once every three weeks .	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function. Processed products are often very high in salt and fat.
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Opt for cheeses which are lower in fat and not highly processed and choose plain, low fat natural or Greek yoghurts instead of flavoured if possible.	Dairy foods provide calcium which is essential for healthy bone development and growth. Processed cheese products such as cheese strings and Dairylea Dunkers are often higher in salt and flavoured yoghurts are higher in sugar.
✓ A drink	Water is always the best choice of drink for children. Semi-skimmed or skimmed milk can be included also.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school. Fruit juice and smoothies are high in sugar and so should be limited in consumption to outside of school.

Confectionary, cakes, biscuits, crisps and sugary drinks should **NOT** be included in packed lunches. These items are not needed as part of healthy diet and are high in fat, sugar and salt which can lead to weight gain and health problems in both the long and short term, such as tooth decay, heart disease and diabetes.

Choose foods lower in fat, salt and sugar.		Why?
X Crisps, cakes and biscuits are not permitted.	Instead of high fat and sugar snacks you could include seeds, plain popcorn, rice cakes, vegetables and fruit. Fruit or vegetable based cakes are permitted but should be limited.	High fat and sugar foods can contribute towards weight gain and tooth decay. Consuming salty snacks can contribute to dehydration, and also to high blood pressure in later life.
X Confectionery is not permitted	Products that contain chocolate as well as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets. Please do not include	These foods are high in fat and sugar which can contribute to weight gain and tooth decay. These foods also provide little nutritional benefits for children.
X Processed meat, fish and vegetable products should be avoided	Such as sausage rolls, individual pies, corned meat, samosas, sausages and fish fingers should be included only occasionally.	These products are often of low quality meat and fish and contain high amounts of fat and salt.
X Fizzy or high sugar drinks are not permitted.	Drinks such as Capri Suns, Fruit Shoots, Ribena and Sunny D are thought of as fruit juice but are actually very high in sugar – these are not allowed. Opt for water (not flavoured water please) or milk instead.	Fizzy and high sugar drinks can contribute to tooth decay and weight gain. Fresh fruit juice is high in sugar (although natural sugars still should be limited in a healthy balanced diet).



Below are the answers to some questions that you might have:

Why introduce more rules? As parents we would like to decide what to provide in our children's packed lunches

- *Being a Healthy School means we want to do everything we can to encourage healthy food and drink choices and we want to work with you to do this.*
- *Evidence shows that some packed lunches can be less nutritionally balanced compared to school meals.*
- *We hope the policy provides a simple guide for parents and helps to clarify confusing food marketing messages found on many packaged foods.*

How can I get my child to eat more fruit and vegetables?

- *You could provide your child with a wide variety of fruits and vegetables in their packed lunch and find out which ones your child likes.*
- *Praise your child for eating fruits and vegetables and try to avoid making negative comments.*
- *Changing from packed lunches to school meals may encourage your child to eat a greater variety of fruits and vegetables.*

Fruit ideas	Vegetables ideas
Canned fruit in natural juice	Grate vegetables for sandwich filling e.g. carrot
Fruit pieces in natural or Greek yoghurt	Vegetables sticks with dip
Banana or strawberry sandwich	Pasta, rice or couscous salad with vegetables
Add apple to green salads	Canned vegetables e.g. no added salt corn

What is considered a healthy drink? Isn't fruit juice healthy?

- *Water and milk are the best choices for hydration and to strengthen children's teeth.*

- *Current UK dietary recommendations outline that no more than 5% of total dietary energy should come from free sugars, which are found in 100% fruit juice, fruit juice containing less than 100% fruit and other sweetened drinks. Many children are currently consuming on average, three times the recommended amount of free sugars, which can contribute to tooth decay and weight gain.*
- *The recommendation is that 100% fruit juice or home-made fruit smoothies should be limited to no more than 150ml per day to prevent tooth decay. They can provide a good source of vitamins, minerals and calcium but need to be limited due to their high sugar content and so we advise they not be brought into school as children need more to drink than 150ml.*

Healthy drink ideas

Water (can be flavoured with fresh mint and cucumber)

Milk

Children on school meals receive puddings every day, so why can't children with packed lunches have sweet cakes and biscuits?

- *School meal puddings adhere to the National School Food Standards, and are fruit or dairy based and contain reduced amounts of fat and sugar.*
- *Providing a fruit or dairy based pudding can be a great way of encouraging children to eat more fruit and dairy foods.*

Fruit and dairy based pudding ideas

Fruit salad

Tinned fruit in natural juice with yoghurt

Plain custard

Plain rice pudding

Fruit based cakes or crumbles

100% dried fruit or 100% fruit based snacks (more tooth friendly when eaten with a meal)

Are baked crisps ok in packed lunches?

- *Although the fat content of baked crisps may be less than original types, the salt content still remains high.*
- *Too much salt in a child's diet affects their hydration and can lead to high blood pressure later in life.*

Healthy snack ideas

Rice cakes with cream cheese

Plain pop corn

Rice cakes with tomato slices

Fruit pieces

Bread sticks with beetroot dip

Vegetable sticks

What types of yoghurts are best?

- *Low fat natural yoghurt, Greek yoghurt or fromage frais are best for children to have in their packed lunches daily.*
- *Including a portion of dairy in your child's packed lunch is important for the development and growth of their bones and teeth.*
- *Sugary flavoured yogurts such as Muller corners and Frubes contain free sugars, which can contribute to tooth decay and weight gain.*

Yoghurt ideas

Natural yoghurt with fresh, dried or tinned fruit

Natural yoghurt with cinnamon and nutmeg
Greek yoghurt with un-toasted muesli
Greek yoghurt with fruit compote
Bircher muesli

How can I reduce the fat content of my child's packed lunch?

- *Reducing how often packaged foods are in your child's packed lunch will help. Many packaged foods such as pepperoni, croissants, brioche buns, sweet biscuits and cakes contain surprisingly high amounts of fat.*

Healthier options

Hummus with crackers	Cream cheese and crackers
Tinned corn and beans mixes	Pieces of cheddar or mozzarella cheese
Bagels or English muffins	Tinned tuna in spring water or oil and crackers

Yours Sincerely,



Don McGibbon
Head Teacher



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

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Appendix 4: Letter to parents - inappropriate packed lunch items

Dear Parents / Carers

This is just to remind you that packed lunches do need to follow the school's Healthy Packed Lunch Policy. Today, {Child's name} packed lunch did not follow the policy. Ensuring {Child's name} has a healthy and balanced packed lunch everyday will help them to stay healthy and have the right kind of energy to focus on their learning and make the most of their time in school. Please see the information below for guidance.

Foods that should be included EVERY DAY:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals.
✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and include oily fish such as salmon, mackerel, kippers, and trout at least once every three weeks .	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function.
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Opt for cheeses which are not highly processed and choose plain, low fat natural or greek yoghurts instead of flavoured.	Dairy foods provide calcium which is essential for healthy bone development and growth. Processed cheese products such as cheese strings and Dairylea Dunkers are often higher in salt and flavoured yoghurts are higher in sugar.
✓ A drink	Water is always the best choice of drink for children. Semi-skimmed or skimmed milk can also be included.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school. Fruit juice is high in sugar and should be limited to no more than 150ml per day so we avoid in school.

Choose foods lower in fat, salt and sugar.		Why?
X Crisps, cakes and biscuits are not permitted.	Instead of high fat and sugar snacks you could include seeds, plain popcorn, rice cakes, vegetables and fruit. Fruit or vegetable based cakes are permitted but should be limited.	High fat and sugar foods can contribute towards weight gain and tooth decay. Consuming salty snacks can contribute to dehydration, and also to high blood pressure in later life.
X Confectionery is not permitted	Products that contain chocolate as well as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets.	These foods are high in fat and sugar which can contribute to weight gain and tooth decay. These foods also provide little nutritional benefits for children.

X	Processed meat, fish and vegetable products should be avoided	Such as sausage rolls, individual pies, corned meat, samosas, sausages and fish fingers should be included only occasionally.	These products are often of low quality meat and fish and contain high amounts of fat and salt.
X	Fizzy or high sugar drinks are not permitted.	Such as Capri Suns, Fruit Shoots, Ribena and Sunny D. Opt for water, fresh fruit juice or milk instead.	Fizzy and high sugar drinks can contribute to tooth decay and weight gain.



School lunches are also another alternative you may want to consider.

Please help us to make sure that your child has the healthiest lunch possible. If you want to discuss this further please come and make an appointment to see us.

Thank you for your support.

Don McGibbon
Head Teacher



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Appendix 5: Healthy Breakfast Club Guidance

Introduction

This guidance has been developed to support schools to provide healthy food at breakfast clubs. A healthy breakfast club provision reflects the school's commitment to healthy eating and will also ensure a school is compliant with the National School Food Standards www.schoolfoodplan.com

Providing healthy and nutritious food and drink items at breakfast club is also one of the criteria needed to be recognised as a Camden Healthy School.

1. The importance of providing a healthy breakfast

That often-used saying, 'breakfast is the most important meal of the day' is based on fact: children find it hard to concentrate if they haven't eaten a healthy breakfast before school. [Read here](#)

Providing a healthy breakfast will ensure that the school's healthy eating messages for pupils are consistent across the school day and that pupils are receiving the required level of nutrition to support their health, wellbeing, learning and development.

2. What to offer at breakfast clubs

All food and drink need to meet the National School Food Standards for "food other than school lunches" and reflect the healthy eating principles as depicted in the Eatwell Guide (see page 3)

<https://www.gov.uk/government/publications/the-eatwell-guide>

Fresh, dried, stewed or tinned fruit (in natural juice)
Vegetables e.g. tomato, mushroom, avocado or spinach
100% fruit juice (no more than 150ml per child)
Porridge, Weetabix, Rice Krispies, low sugar muesli or Cornflakes
Toast, bagels, English muffins or teacakes (preferably wholegrain)
Low fat Greek or natural yoghurt with no added sugar
Low fat cheese
Semi-skimmed milk
Boiled, scrambled or poached eggs
Low salt and low sugar baked beans
Reduced-fat spreads, such as olive oil or sunflower spreads (a new manufacturing process solved past concerns about their trans fat content)
Water

3. What to avoid at breakfast clubs*

Cereals high in sugar e.g. Cheerios, Coco Pops and Frosties
Cereal bars and breakfast biscuits
Spreads such as jam, lemon curd, honey, chocolate spread and marmite
Butter
Baked goods such as croissants and brioche
Processed meat products such as sausages and bacon
Fried carbohydrate items such as hash browns and fried bread
Fruit juice or squash which contains added sugar or sweeteners

*N.B. these food contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).



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Appendix 6: Healthy After School Club Guidance

Introduction

This guidance has been developed to support schools to ensure healthy food is consumed at on-site after school clubs. Healthy after school clubs reflect the school's commitment to healthy eating and are an essential criteria to be recognised as a Camden Healthy School.

1. The Importance of Healthy Snacks at After School Clubs

Food and drink may be provided by after school clubs or brought in by pupils. In either instance, the food and drink must be consistent with the school's healthy eating messages – ensuring pupils are receiving the required level of nutrition to support their health, wellbeing, learning and development.

All food and drink need to meet the National School Food Standards for “food other than school lunches” and reflect the healthy eating principles as depicted in the Eatwell Guide (see page 3)

<https://www.gov.uk/government/publications/the-eatwell-guide>

2. Healthy Options for After School Club Snacks

Fresh or tinned fruit e.g. whole or sliced fruit or tinned fruit salad in its own juice - not syrup
150ml glass of 100% fruit juice or diluted juice with 50% water
Vegetables e.g. carrot, celery and cucumber sticks, cherry tomatoes, sweet corn, sugar snap peas, avocado dip, beetroot dip
Sandwiches, toast, bagels, English muffins, wraps, plain rice cakes, pasta, couscous or teacakes (preferably wholegrain varieties)
Plain, low fat Greek or natural yoghurt with no added sugar
Low fat cheese
Boiled eggs
Tinned tuna, mackerel or salmon
Lean meats e.g. ham, chicken, turkey
Tinned beans, chickpeas or hummus
Reduced-fat spreads, such as olive oil or sunflower spreads (a new manufacturing process solved past concerns about their trans fat content)
Water

3. Snacks to Avoid at After School Clubs*

Cereal bars
High sugar spreads such as jam, lemon curd, honey, chocolate spread and marmite
Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
Crisps
Crackers and breadsticks
Baked goods such as croissants and brioche
Processed meat products such as sausage rolls, scotch eggs, hot dogs and Peperami
Fruit juice or squash which contains added sugar or sweeteners
Fizzy drinks, energy drinks or sweetened milkshakes

*N.B. these food contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).