

Appendix D

Food and Nutrition Policy - Updated Autumn 2016

Guidance for Food in School

1. Break Time Snacks

Monday - Friday.

Recommended for break time snacks:

Fruit	Vegetables	Other
<p><u>Fruit</u> (whole fruit, cut up fruit, canned fruit in natural juices, plain dried) Examples: 1 tangerine Sliced apple Pot of tinned fruit 6 grapes (sliced lengthways) 1 whole/sliced banana 30g plain dried mango (covers child's palm) 40g blueberries (covers child's palm) 6 cucumber batons 6 cherry tomatoes</p>	<p><u>Vegetables</u> Examples: 6 carrot sticks 6 slices of pepper 4 potato wedges 1 celery stick (chopped) 1 small corn on the cob (cooked) Pot of sweetcorn (covers child's palm)</p>	<p><u>Other</u> Examples: 2 plain rice cakes 2 plain biscuits 5 bread sticks 1 fruit roll 1 fruit chew bar 1 tube yoghurt 1 small natural yogurt pot 2 oat crackers 30g dried cereals 25g cheese chunks 1 cereal bar (peanut free) 1 toasted crumpet or pitta bread 15g plain popped corn (covers child's palm) 1 boiled egg 1 slice of crusty wholemeal bread with spread 2 small slices of fruit loaf Carbohydrates e.g. bread sticks and vegetables can be served with a healthy dip like hummus, tzatziki or cream cheese.</p>

Sandwiches are encouraged to be eaten at lunchtime. However, if these are consumed at break time, additional food should be provided in lunchboxes to ensure the children have sufficient food to last throughout the afternoon.

Additional snack ideas can be found in Appendix D1, D2 and D3.

2. Lunch

Appendix D

Food and Nutrition Policy - Updated Autumn 2016

Lunch boxes

A balanced packed lunch **should** include

- At least one portion of fruit and one portion of vegetables. Please see previous page for examples.
- Meat, fish (aware of allergies) or another source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas and falafel. This can be within sandwiches/wraps etc or stand alone.
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta breads, tortilla wraps.
- Dairy food e.g. milk, cheese, yogurt or fromage frais.
- Water.

And **could** also include;

- A small treat e.g. small biscuit based chocolate bar, crisps, fruit loaf, oat flapjack, dried fruits, fruit muffin.

High fat meat products like sausage rolls, individual pies, corned meat and sausages are discouraged and should only be included occasionally. Homemade pizza's, soups and pasta provide a healthy alternative to shop bought.

Please see the Appendices E1 and E2 for advice regarding the contents of a child's lunchbox. Parental choice will determine the contents of children's lunch boxes; however staff can educate and encourage children, and their parents, as to what a balanced lunch box looks like.

Squash, fruit juice cartons and smoothies can be consumed alongside a balanced lunchbox; however we strongly advise that nutrition labels are checked to ensure such drinks are not high in sugar. Guidelines suggest that fresh juices and smoothies, rather than 'from concentrate' are lower in sugar.

Training can be provided by the school Nurse or Personal Social Health Education (PSHE) co-ordinator. Please seek further advice from the Senior Leadership Team (SLT) and School Nurse if you have any concerns.

Friday Lunches

On Fridays a hot lunch will be provided by the Parent Teacher Association. This is a service paid for by the parents of individual children/families and costs £2.50 per serving.

The lunch served is usually pasta (plain, with cheese or bolognaise sauce). Each child is given at least one serving of fruit or vegetables alongside the pasta, often with more on offer.

Members of the PTA or additional parents are required to serve the hot lunches.

The food is produced by an external provider that adheres to the Health and Safety regulations expected of such a facility.

Appendix D

Food and Nutrition Policy - Updated Autumn 2016

Drink bottles

Labelled water bottles should be in school daily, so that children are able to keep hydrated throughout the school day. Water machines are available in both the Infant and Junior corridors, with all children able to access this facility. Staff must ensure that children are able to access their bottles without the need for support.

Fizzy drinks are not permitted.

(Please see 'Parties, Celebrations and Fundraising events').

3. School Clubs, Social Events

The school will aim to ensure that all social events and school clubs operate consistently within the objectives of this policy.

Breakfast club and after school clubs

After school clubs and breakfast club will provide healthy and tasty foods in accordance with the Guernsey School Food Standards and ensure food is prepared in healthy and safe conditions by trained staff.

Parties, celebrations, fundraising events

The Guernsey School Food Standards do not apply to parties, celebrations and fund raising events, if those events are infrequent. Regular activities – e.g. more than a monthly occurrence, will adhere to the guidelines however, where the standards do not apply, alternative healthy options will also be provided. We will continue to offer a range of food options, i.e. traditional party food. During this time squash may be offered to the children in addition to water.

Exceptions may include;

Residentials

PTA Fundraising Events

Christmas Parties

Year 6 Leavers Evening

Sports Day

Specific Provision

Treats

At no point during the day should treats be shared. Treats include (bags of) sweets, cakes, chocolate, crisps or other high fat and sugar products.

Birthday treats

When birthdays are celebrated within school, that person is permitted to wear mufti to school for the day. If the birthday falls during a holiday or weekend, that person will be permitted to wear mufti on the day that falls closest to the birthday. For example, the last day of a term or a Friday/Monday.

Appendix D

Food and Nutrition Policy - Updated Autumn 2016

Cakes, sweets and chocolate to share are **not permitted** during the school day.

4. Special Diets and Allergies:

We need to be aware of children who have nut, egg or fish allergies or an equally important diagnosis. The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are responsible for ensuring that packed lunches are as healthy as possible.

Due to specific allergies we request that peanut products are not bought into school.

For this reason children are not permitted to swap food items.