



GRIMSBY INSTITUTE GROUP

Healthy Eating Policy



The Academy Grimsby
YOUR FUTURE, FOCUSED

Change Control

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1. Aim

To ensure that all aspects of food and nutrition in The Academy Grimsby (the Academy) promote the health and well being of students, staff and visitors to the Academy.

2. Objectives

- To improve the health of students, 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 students are well nourished at the Academy, and that every student 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 students e.g. religious, ethnic, vegetarian, medical and allergenic needs;
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

3. National Nutritional Standards for School Lunches

National Nutritional Standards for school lunches became compulsory in April 2001.

The Government has announced new standards for school food. 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. (www.schoolfoodtrust.org.uk for A Guide to Introducing the Governments food-based and nutrient-based Standards for School Lunches)

Food prepared by the Academy catering team meets the National Nutritional Standards for School Lunches.

4. Procedures

Procedures to support this policy can be found in Appendix 1 and address the following areas:

- Nutrition Action Group
- Breakfast Clubs
- Break time snacks brought from outside school
- School lunches
- Packed lunches

- Water
- Curriculum
- After school clubs

5. Monitoring and review

The Nutritional Action Group, Senior Management Team and The Academy Head will review this policy statement every three years 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 students, staff and their families.

The Academy Head will ensure that healthy food provision in the Academy and related education are reviewed annually or sooner in response to the findings of NAG questionnaires.

The Academy Head will ensure that all food provided on Academy premises adheres to The National Nutritional Standards for Healthy School Lunches

Appendix 1 - Procedures

1. Procedures

2. Nutritional Action Group (NAG)

The Senior Management Team will establish a Nutritional Action Group which will provide a mechanism for consulting with students at all stages of developing the school food policy and all aspects of food in the Academy.

Nutritional Action Group will:

- be involved in consultation regarding healthy food options;
- enable students to have a voice;
- disseminate the healthy eating policy and healthy eating messages to the classes;
- work with the Catering Manager – inviting him/her to NAG meetings.

3. Breakfast Clubs

In the event that a Breakfast Club is established, it 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 students 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 students.

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.

4. Break Time Snacks brought from outside the Academy

- All snacks brought into the Academy will be restricted to fruit or vegetables
- Students can buy healthy snacks from the canteen
- Staff will monitor the eating of snacks at break times

5. School Lunches

- The Academy will provide free school meals to all those students who are entitled to them.

- All lunches will be prepared following the government’s nutritional guidelines.
- There will be a limited choice of hot and cold meals to ensure a balanced meal.
- The dining area will be made as pleasant as possible to encourage good social interaction.
- Staff will be encouraged to have school lunches and sit with students as role models.

6. Packed Lunches

- The Academy will provide facilities for students bringing in packed lunches.
- The Academy will work with parents/carers to ensure that packed lunches contain healthy options.
- Packed lunches must follow the guidance set out in the ‘Healthy Packed Lunches’ guidance (Appendix 2)
- Students can bring only water or 100% fruit juice.
- Any food left in lunchboxes will be sent home
- There will be no swapping of food
- Fruit to be consumed at break time should come in a separate container/ bag.

7. Water

- The Academy will encourage students to drink water at frequent intervals throughout the day.
- Water will be freely available at lunchtime
- Students will be allowed to name water bottles, however for hygiene reasons they must be taken home daily to be washed.
- After physical activity and during hot weather, students will be encouraged to drink more water.
- Plastic bottles must contain only water – this should not be flavoured water.

8. Curriculum

- Nutritional education will be covered within the PSHE and science education.
- Students will be made aware of healthy eating throughout the curriculum.
- There will be consistent messages across the curriculum about healthy eating.
- All students will learn about and apply food hygiene.
- Students will learn and apply the principles of a balanced diet and diet affects health.

9. After School Clubs

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

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 are required to follow the new school food standards for school lunches, which ensure that all students 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 carrot sticks, small tub of fruit salad or small box of raisins

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.