



LONG DITTON

INFANT AND NURSERY SCHOOL

THE HEART OF LONG DITTON SINCE 1911

WHOLE SCHOOL FOOD POLICY

Introduction

At Long Ditton Infant and Nursery School we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards throughout the school day and beyond. We have worked hard to achieve Healthy School's status and to raise awareness of the ECM aim 'Be healthy'. We continue to monitor the place of healthy eating in our school.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

Objectives

- To improve the health of pupils, staff and their families through increasing their knowledge and awareness of food issues based on the principle of The Balance of Good Health
- To ensure that pupils are well nourished at school, and that every pupil has easy access to a safe water supply during the school day
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs
- To make the provision and consumption of food an enjoyable and safe experience

How are we going to meet our objectives?

- By monitoring school lunch provision, feeding back concerns to the provider
- By participating in the Fruit & Vegetable Scheme
- By allowing children to bring in fruit snacks for the afternoon session
- By participating in the Milk scheme
- By giving pupils access to water bottles in class and in the playground
- By requesting that children do not bring fizzy drinks or chocolate in their lunchbox
- By insisting that children do not bring in less healthy foods, such as sweets, cakes, biscuits or chocolate to celebrate their birthday
- By providing safe storage of school lunches and lunchboxes
- By encouraging a calm lunchtime environment and appropriate table manners
- Through educating our pupils about the importance of a balanced diet via direct teaching reflected in our planning
- Through educating our pupils about the range and origin of healthy foods in class time
- Through educating our pupils about healthier alternatives when cooking at school
- By inviting staff, parents and governors to eat with our pupils
- Through the involvement of the School Council in monitoring and evaluating school and home prepared lunches

Healthy Lunchbox = Healthy Child

“Healthy eating is important for everyone, especially children, to ensure that they receive all the nutrients they need to grow and develop. Eating well and being physically active will improve your child’s health as well as their ability to learn and achieve at school. Encouraging your children to eat healthily now will make them more likely to adopt a healthy lifestyle as they get older.”

- **British Nutrition Foundation**

At Long Ditton Infant and Nursery School we want our children to enjoy their lunch. We make sure that they are comfortable and have space and time to eat their food. Please help us to be a Healthy School by thinking about the healthy balance of food in your child’s lunchbox. Here are some ideas...



GREEN FOOD and DRINK

Any of the food or drink listed below is healthy for children to have regularly.



Fruit or vegetables: chopped and peeled or whole.



Bread or other cereals: sandwiches, bagels, flat bread, Pitta, crackers, pasta



Fish, meat or alternatives: tuna, salmon, chicken, ham, egg, hummous



Milk or dairy: cheeses, yoghurt, fromage frais



Drink: water, fruit juice

ORANGE FOOD

These are foods that can be provided in smaller quantities or more occasionally

Crisps and biscuits or plain cakes can provide children with a good burst of carbohydrate and energy at lunchtime.

A small fruit or plain muffin, a cereal bar or piece of cake (not chocolate)

A whole packet of crisps can be very high in fat and salt.

If you do put crisps in your child's lunchbox, please buy small 'fun size' packets or put a few crisps in a pot.

RED FOOD and DRINK

PLEASE DO NOT INCLUDE ANY OF THESE FOODS IN YOUR CHILD'S LUNCHBOX.

Fruit squash, all fizzy drinks, chocolate, sweets

The food and drink listed above can be high in fat, salt or sugar.

Because we sometimes have children with severe allergies we are a NUT FREE school. Please do not include any nuts or PEANUT BUTTER in your child's lunchbox.

Thank you for your support 😊