



## GREENFIELD SCHOOL

### Healthy Eating Policy

At Greenfield, we believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent.

As a school, we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

Greenfield is a nut free environment. No other [allergen](#) is removed from the school (e.g. sesame). The School does not allow “may contain traces of nuts” items on the site.

#### Aims

- To further develop and maintain an ethos within school in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable experience at lunch time which enhances the social development of all children
- To encourage foods that are rich in vitamins and minerals
- To encourage a balanced diet
- To encourage fluid intake with an easily accessible water bottles throughout the day
- To ensure high standards of hygiene amongst the children and staff
- To develop healthy eating habits that will last a lifetime
- To consider and accommodate dietary requirements

#### Caterers

All catering is provided by CH&Co Independent. Please see their CH&Co Independent Healthy Eating Policy Statement below.

#### Breakfast

Recognising parental responsibility, children are encouraged to have breakfast before leaving home. This will be done through discussion at snack time and PSHE. Those children that attend Breakfast Club will be provided with a healthy well-balanced breakfast by CH&Co.

#### Morning break

CH&Co will provide snacks of fruit (3 days a week), bread snack (1 day a week), sweet snack (1 day a week)

#### Lunch

Three sittings are organised to enable all pupils to eat a healthy lunch provided by CH&Co. Healthy Eating stickers will be awarded to those who consistently eat well.

### **After School Club**

Children who are at After School Club between 4.30pm and 5.30pm are provided with a suitable tea by CH&Co.

### **Celebrations**

To celebrate their birthday, children will be permitted to bring in sweets/chocolates/cakes to share with their class at the teacher's discretion. Sweets/chocolate/crisps will not be permitted at other times. If cakes are brought into school they must be divided into individual portions (e.g. cupcakes) and they must be homemade, with all ingredients listed. Please check packaging very carefully as we will not hand out anything that are concerned about.

### **Drinks**

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have free access to water throughout the day via personal water bottles that can be refilled at break times

### **Teaching and Learning**

Staff will supervise children during snack and meal times to provide a good role model, encourage good manners and lead conversation. Food and cooking activities are used in a variety of ways to teach children and widen their experience if food they are given the opportunity to touch, taste, smell and feel a variety of foods. Teachers may, on occasions, reward good behaviour/work with a small sweet/chocolate.

### **Equal Opportunities**

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff equally.

### **Health and Safety**

Food will be stored according to instructions on packaging and common sense. Greenfield adheres to environmental health guidance.

### **Monitoring the Healthy Eating and Drinking Policy**

Staff will monitor provision for healthy eating and drinking at School. Parental advice is given via the 'Parent Handbook' and the weekly newsletter.

### **School Lunches**

The Governors and Senior Leadership Team are aware of the need to provide a nutritious, hot lunch.

Reviewed September 2022

Next Review September 2024



Chair

Signed Chair of the Board of Governors

**CH&Co HEALTHY EATING POLICY - STATEMENT**

We are very aware of the impact that we can have on the health of our customers not only because many are eating more than 250 meals with us per year but that also many of our customers regularly buy snacks and drinks between meals in an on-going way to sustain their working day.

Our approach has always been to procure and produce food that is as healthy as possible, whether this is a cooked breakfast, a main course salad or a plate of chips, and to facts to allow our customers to make informed decisions about the food they eat with us.

CH&Co Group has taken a market-leading role over the decades, first by signing up to Food Standards Agency guideline and more recently by becoming an advocate of the Government’s Public Health Responsibility Deal. We fully support the initiative of the Responsibility Deal to tap into the potential for businesses and other influential organisations to make a significant contribution to improving public health by helping to create an environment that empowers and supports people to make informed, balanced choices that will help them lead healthier lives.

We support the Department of Health’s belief that public health is everyone’s responsibility and believe that this includes us as a business. As such we have signed to the following Public Health Responsibility Deal pledges:

- Non-use of Artificial Trans Fats: We have achieved this goal.
- The removal of Artificial Trans Fats: We have achieved this goal.
- Salt Reduction: We have to date removed 30% of salt in our business and continue to work with our suppliers to lower the salt content in the food we purchase.
- Calorie Reduction: It is our aim to reduce the daily intake of calories amongst our customers by 100 as per this pledge through initiatives such as Bang and Shake chips, switching to 1% fat milk, using lower fat mayonnaise, introducing Our Healthiest Cakes Ever, the ‘Love Me’ less than 350 calorie range of sandwiches, less than 500 calorie main meal options and the commitment to lower sugar content of drinks in our chill cabinets.
- Fruit and Vegetables: This pledge is about helping our customers to eat more fruit and vegetables each day, by including more in our menus and researching (with Birmingham University Department of Psychology) and implementing social norms messaging to help improve purchase of vegetables with main meals.
- Saturated Fat Reduction: We continue to reduce saturated fats in our meals and puddings as well as coffee shop purchases through use of 1% fat milk, low fat yoghurt, reduced fat mayonnaise, rape seed oil, Bang and Shake chips and the procurement of healthier snacks such as Slim Be and Our Healthiest Cakes ever range.

Our Chef’s Nutrition training course allows us to embed these goals and methods of achieving them. We have also established our own healthy eating concept that works in harmony with the Responsibility Deal called Wellbeingbeingwell. It emphasises our use of fresh ingredients and informs our commitment from point of purchase to preparation and cooking main meals in our kitchens, in the snacks and drinks we serve and in our communication with customers.

[www.wellbeingbeingwell.co.uk](http://www.wellbeingbeingwell.co.uk) provides information on ingredients and regular newsletters.

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