



GREENFIELD SCHOOL

Healthy Eating Policy 2024-2025

1. Introduction and Aims

- a. As a school, we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.
- b. Greenfield believes that children need to eat well because:
 - What children eat today shapes how they'll eat for the rest of their lives
 - Children need to eat enough of the right foods to keep them healthy
 - When children eat better, they do better – they will be in a better shape to reach their full potential
 - Being able to cook is an essential skill: it all starts with getting children excited about food
- c. 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.
- d. The healthy eating and drinking systems and strategies in our school will be accessible equally to all.

2. Responsibilities

- a. All catering is provided by CH&Co – a contractor to the School. Their Health Eating Policy is attached to this Policy.
- b. It is the School's responsibility to implement this Policy.
- c. It is the Parents' responsibility to inform the school of the dietary requirements of children in a way that is clear and concise.

3. Meals/Snacks provided in School

- a. The Following are the full extent of meals/snacks that can be provided in School (depending on the hours that a child attends):
 - i. *Breakfast*

Children are encouraged to have breakfast before leaving home. Those children attending Breakfast Club or Little School will be provided with a healthy, well-balanced breakfast.
 - ii. *Morning Snack*

A healthy morning snack is provided in School to all children.
 - iii. *Lunch*

A varied and nutritious lunch is provided and served in a number of sittings to allow all children to enjoy their food in an enjoyable environment.
 - iv. *Afternoon Snack*

Children in Main School who are staying for a club, will be provided with a biscuit. Children in Little School will be provided with an afternoon snack in line with the published menu.
 - v. *Tea*

Children who remain in School between 4.30pm and 5.30pm are provided with a suitable tea prepared by CH&Co.

vi. *After Match Teas*

Children who take part in sports fixtures will be offered a snack after their match.

- b. The School will share a menu with parents via the App on a termly basis (or approximately every three months in the case of Little School).

4. Packed Lunches

- a. Unless in exceptional circumstances, the School does not permit children to bring in their own packed lunches. Any such arrangement would be made in conjunction with the School and the Family in the best interest of the child and their dietary related needs.
- b. If an off site trip is taking place, a packed lunch and snack will be supplied to substitute a lunch or snack provided in School. The principles applied to a lunch or snack provided in School will also apply to a lunch or snack provided out of School.

5. Allergies and Food preferences

- a. When children join the School, Parents are required to complete a form that outlines their Allergies (referencing the 14 [allergens](#)) and food preferences.
- b. If a child is already in School and their dietary needs change, they will be required to complete a form on the School App to update these.
- c. Parents should note that CH&Co does not serve any gelatine that is animal based (although this may appear in sweet products given to children as a reward – see 8.b. below)
- d. Parents should note that CH&Co does not serve any halal meat but it does have an extensive and varied vegetarian offer for children to choose.

6. 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.

7. 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 of food they are given the opportunity to touch, taste, smell and feel a variety of foods.

8. Other provision of food

a. **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 does not adhere to this policy.

9. Health and Safety

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

Reviewed September 2024

Next Review September 2025

A handwritten signature in blue ink, appearing to read 'Chair', written over a horizontal line.

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 provides information on ingredients and regular newsletters.

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CH&Co
June 2016