

# Food Policy

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## Mission

At Torpoint Nursery and Infant School we believe that all children have the right to a healthy, nutritious and balanced diet. We will educate our children about the importance of healthy eating and being physically active because we know that this will improve a child's health as well as their ability to learn and achieve.

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## Aims

1. To educate children and parents of what constitutes a healthy, balanced diet and encourage them through providing information and new ideas
2. To ensure that water bottles and fruit for snack are made readily available for all children throughout the day
3. To ensure that all children have access to a healthy balanced diet through our school dinners
4. To promote healthy lifestyles through all staff having a clear understanding and working together to achieve this during the school day

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**Aim 1** To educate children and parents of what constitutes a healthy, balanced diet and encourage them through providing information and new ideas

We know that a healthy and balanced diet for children provides essential vitamins, minerals and other nutritional needs for healthy growth and development. Vitamins and minerals are vital for children's bodies to function properly and each one plays a specific role in the body. Within the PSHE curriculum, healthy eating, food safety and an understanding of where our food comes from will be taught. Our children will be educated through exciting and interesting ways about the importance of a healthy and balanced diet. Where possible this will be linked to other curriculum areas and opportunities to support and extend the curriculum will be made through Fruit in Schools, Healthy Snacks After School Club, Visitors e.g. local food producers and Healthy eating projects within Design Technology e.g. design a healthy packed lunch.

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse.

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**Aim 2** To ensure that water bottles and fruit for snack are made readily available for all children throughout the day

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It is recommended that children, like adults, eat at least five portions of fruit and vegetables every day. Research shows that on average children in England eat only about three portions, with many eating fewer. The School Fruit and Vegetable Scheme provides each and every one of our children with one of their 5 a day portions and the scheme also

helps to increase awareness of the importance of eating fruit and vegetables, encouraging healthy eating habits that can be carried into later life.

Children are able to access fresh drinking water independently throughout the day. We will teach our children about the importance of drinking water regularly as we know that good hydration results in children being calmer, improved concentration, reduction in lethargy and improved quality of work. Water bottles are on offer at the school office for children to buy.

Children in EYFS2 receive milk which they drink within our on-going snack area. Every class has a snack area that the children can use and access throughout the day; this teaches them the importance of making independent choices, knowing when they are hungry and thirsty.

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**Aim 3** To ensure that all children have access to a healthy and balanced diet through our school dinners

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From September 2014 all children in EYFS2, Year One and Year Two are offered a free school meal. Schools are legally required to provide meals that comply with the School Food Standards and these standards are intended to ensure that children get the nutrition they need across the whole school day. Our school dinners are provided by Chartwells and all meals provided meet the Government's Minimum Nutritional Guidelines. Chartwells are passionate about feeding children well and spend a lot of time working on the menus and ensuring the balance is right. Encouraging our children to eat a nutritious, balanced diet early on is important in ensuring they get the right vitamins and minerals in their diet and this will help them grow and develop optimally. Children are also more likely to be energised and motivated, supporting their ability to learn. Educating them on healthy eating during childhood will also help them make healthier choices as they become adults.

On a regular basis the Healthy Schools Coordinator will talk to the children about what a healthy balanced lunchbox should contain. The children will be encouraged to think about how they can become healthier and choices they can make about the contents of their lunchboxes. Guidance through posters and leaflets of what constitutes a healthier lunchbox will be sent home to parents to facilitate this. This will be monitored through the School Council meetings.

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**Aim 4** To promote healthy lifestyles through all staff having a clear understanding and working together to achieve this during the school day

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We recognise the importance of all of our staff members having a clear understanding of the importance of a healthy and balanced diet. Through staff meetings, we will keep members of our team up to date with national and local health information and initiatives as we understand our importance as positive role models for our children. Every member of staff will strive to provide the very best education for our children and will share their knowledge of the importance of a healthy and balanced diet and encourage and inspire our children to make positive choices about the food that they eat and the exercise that they take.