

Healthy Eating Policy

1 Introduction

This policy includes our Early Years Foundation Stage and our After and Before school provision.

Healthy eating in primary school helps to safeguard health and well-being throughout life as it supports children developing healthy habits when they are first learning about food.

The revised EYFS (April 2017) requires, 'where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious'.

2 Aims and objectives

- 2.1 The aim of this policy is to encourage children who attend Grangewood Independent School to develop a positive attitude to food and healthy lifestyles.
- 2.2 The objective of this policy is to promote and raise awareness of healthy eating to parents/carers and children.

3 Healthy eating policy

We are sensitive to the needs of children with specific dietary needs, including religious considerations. We will ensure that food provision in Grangewood Independent School acknowledges the ethical and medical requirements of all staff and children for example, religious, vegetarian, medical and allergic needs.

- 3.1 At Grangewood, parents/carers will either provide a healthy, balanced packed lunch for their child each day; or opt for a hot school meal.
- 3.2 To meet the requirements of the EYFS and the framework for Every Child Matters: Change for Children outcomes, we will ensure all our children are well nourished at the school and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply throughout the day.
- 3.3 Parents/carers will be asked about any special dietary requirements their child has before their child starts at the school.
- 3.4 Parents/carers of children who have special diets or who have food intolerances or special health requirements are responsible for providing the school with information about their diet and choices available.
- 3.5 We record and act on information from parents/carers about a child's dietary needs. All records are updated regularly and menus are carefully planned and adapted accordingly. This is achieved through adopting a whole school approach which encompasses children, their families and staff.
- 3.6 We recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to encourage healthy eating habits for life.
- 3.7 We ensure that at least one EYFS staff member has a current and valid Food Safety Level 2 certificate. (Current staff: Mrs M. Bah and Mrs N. Patel)

4 Food preparation

Within Grangewood Independent School we have an area that is adequately equipped to serve healthy meals. This includes suitable facilities for the hygienic distribution of food for children. Snacks and drinks for all our children are provided by parents/carers.

- 4.1** All staff involved in the handling of food are confident and responsible to do so and have received training in food hygiene. (Current Hot Meals Supervisor: Mrs Mistry, Breakfast Club Provider, After-School Club Leader: Mrs Bah)

5 Food poisoning

We are aware of procedures and, as required, will notify the local health protection team (HPT) of any food poisoning affecting two or more children looked after on the premises.

As soon as reasonably practicable, the Head Teacher will contact the HPT to discuss the situation and agree if any actions are needed. PHE North East and North Central London Health Protection Team, tel: [020 3837 7084](tel:02038377084) (option 1).

HPT address: Ground Floor South Wing, Fleetbank House 2-6 Salisbury Square, London, EC4Y 8JX. necl.team@phe.gov.uk; nencl.hpu@nhs.net

- 5.1** We are aware that without reasonable excuse, failure to comply with this requirement constitutes an offence.

6 Monitoring and review

- 6.1** This policy was agreed and implemented on 15th July 2013.
- 6.2** The Governing Body undertakes a review of this policy every two years.
- 6.3** There will be on-going monitoring of this policy as some aspects may require amending/updating before the review date should there be any incidents which take place relating to it that give cause for concern.

Signed:

Member of Governing Body:

Date:

Chair of Governors:

Date:

Next Review Date:

Apr 2021

Written: July 2013

Reviewed: **Apr 2019**, Jun 2017, Jul 2015

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