

Whole School Food policy – was introduced Jan 2020

The main aims of our school food policy is:

1. To provide healthy food/drink choices throughout the school day, aligning with the mandatory School Food Standards, and to ensure food stuffs brought into school are healthy;
2. To enable pupils to make healthy food choices through the provision of information and the development of appropriate skills, behaviours and attitudes; and
3. To ensure a consistent and engaged approach to healthy eating across the school community, including pupils, staff and parents/carers considering children with complex health needs such i.e. coeliac disease or severe allergies.

So far:

1. We have had an independent Audit carried out on our School Meals to ensure they meet the School food Standards, the schools has been awarded a 5* food hygiene certificate and a Gold award in Recipe 4 Health award.
2. We have carried out a curriculum audit to ensure we cover all areas as stated in the policy.
3. Whole school food policy for parents, children and staff to follow as now been agreed (see attached)

We need your help with our Next Steps

Next Steps

1. Engage parents in the process.
2. Offer help with health packed lunches.
3. Reduce sweet rewards in school.
4. Offer Parent and child cooking session in school.

Whole School Food Policy - I have attached the Whole school food policy that will come into effect 1st Jan 2020, please read through the policy and familiarise yourself with the do's and don'ts. Share the information with your child. If your child brings in a packed lunch and you have not already done so, start encouraging them on the health options.

Packed Lunches - School meals are a great choice and very good value for money, we also offer a packed lunch service that meets the School food Standards for £2.00 per day.

If you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas from Change4life click on the <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> to see if the packed lunch they normally bring in meets the requirements, if not there is a great section on build your own lunch box, get the children involved, they will love it.

Crisps and Chocolate are not health options, they are treats. We allow two treat days per week, Wed for chocolate (cake or Bar) and Fridays for Crisps.

Would you be interested in a cooking with parent class? this will be cooking simple meals on a budget – email the catering manager if you would be interested in this offer.

T.gosling@meadowheadjunior.blackburn.sch.uk

Your help in meeting the Whole school Food policy to promote healthy life styles will be very much appreciated.

Any suggestions are also welcome, you can do this by e-mail to a.hartley@meadowheadjunior.blackburn.sch.uk or by phone 01254 209 871

Thank you Andrea – School Business Manager