

Blagdon Nursery School



Healthy Food Policy

Signed: J. Budge (Head teacher)

E. Jackson (Chair of Governors)

Date of policy review: March 2019

Date of next review: March 2022

Blagdon Nursery School Healthy food policy

The staff at Blagdon Nursery School aim to deliver a provision of the highest quality. The Governors recognise the important connection between a healthy diet and a young child's ability to learn effectively. The Governors also recognise the role the School can play, as part of the larger community, to promote family health, reducing obesity and sustainable food and farming practices.

The School recognises that sharing food is a fundamental experience for all people; it is a primary way to nurture and celebrate our cultural diversity; and it is an excellent bridge for building friendships, and inter-generational bonds.

The School works to improve the health of the entire community by teaching children ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through the Early Years Foundation Stage Curriculum (such as cooking and growing food), and the food served in the School.

Aims of our School food policy

- To improve the health of children, staff and families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To develop children's knowledge of a balanced diet, food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure children are well nourished while in the school, through every child who is eligible to the school meals having access to safe, tasty, and nutritious food. Portion size will be appropriate for the age of the individual children.
- For there to be water and milk available during the day.
- To make healthy snacks during the sessions for the children
- To ensure that food provision in the centre reflects the requirements of children and staff e.g. religious, cultural, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To ensure relevant staff have appropriate food hygiene training.
- To introduce and promote practices within the centre to reinforce these aims, and to remove or discourage practices that negate them.

The School will have in place:

- An effective structure to oversee the delivery of school meals by the Contractor agreed by the LA. This will be through a SLA between Reading LA and the Contractor and involvement by the Centre in the creation of the 2 menus a year.
- Through having a Governor designated for healthy eating across the Centre.
- Developing an understanding and ethos within the centre of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

- Creating an environment which is conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food?
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

