



Jacksdale Primary School & Nursery

HEALTHY EATING POLICY

Reviewed: October 2023

Next review due: October 2025

Jacksdale Primary & Nursery School acknowledges the importance of helping children to develop healthy eating habits ensuring that during the school day they receive the energy and nutrition they need. The school understands the need to provide pupils with a varied balanced diet through a wide range of foods across the week.

Jacksdale Primary & Nursery School meets the requirements of the DfE's statutory guidance on the school food standards and implements the standards by adhering to the guidelines in the School Food Plan.

1. Aims and objectives

1.1. While upholding this policy, Jacksdale Primary & Nursery School aims to:

- Increase the general knowledge and awareness of healthy eating and to improve the health of pupils, staff, and in turn, their families.
- Consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat.
- Establish a sociable and enjoyable dining experience for pupils to enhance their social development.
- Work closely with our caterers to ensure compliance with nutritional standards and good practice in providing appealing, value for money meals that cater to specific dietary requirements.
- Liaise with parents and carers to ensure the school is knowledgeable of any specific dietary requirements.

2. Packed lunches

2.1. Jacksdale Primary & Nursery distributes a Change for Life guidance leaflet every term, to parents/carers detailing the essential food groups, typical portion sizes and suggestions for healthy, balanced packed-lunches. Parents are requested not to send any forms of peanuts / nuts in children's lunchboxes.

3. Breakfast

3.1. Jacksdale Primary & Nursery reinforces the message that breakfast is essential to maintain a healthy balanced diet and is of the utmost importance in preparing pupils for learning.

3.2. Cereal/toast and fruit juice/water are provided to pupils who attend the breakfast club.

3.3. Food at the breakfast club is provided by our school's catering team.

4. Snacks

4.1. All four-to-six-year-olds will receive a free piece of fruit or vegetable every day, additional to their school lunch during the mid-morning/afternoon break.

4.2. The school has a healthy snack expectation at break time. If children wish to bring a snack from home, it should be a healthy option i.e. fruit or cereal bar. Crisps, chocolate and sweets are not permitted as breaktime snacks. Parents are requested not to send any forms of peanuts / nuts as snacks due to allergies of other children in the vicinity.

5. School meals

5.1. Jacksdale Primary & Nursery understands that a child's healthy balanced diet should consist of the following food groups:

- Fruit and vegetables
- Unrefined starchy foods
- Meat, fish, eggs, beans, and other non-dairy alternative sources of protein
- Milk and other dairy goods
- A small amount of high fat/sugary/salty foods

5.2. When providing school meals, the school will observe the portion size for each of these food groups, as outlined in The School Food Plan and detailed in [Appendix 1](#).

5.3. Starchy food cooked in fat or oil is served no more than once a week.

5.4. No more than two portions of deep-fried, battered or bread-crumbed foods are served each week.

5.5. No more than two portions of food containing pastry are served per week.

5.6. Jacksdale Primary & Nursery will not serve:

- Snacks other than seeds, vegetables, and fruit with no added salt, sugar or fat.
- Salt after food has been cooked.

6. Drinks

6.1. Jacksdale Primary & Nursery will make jugs of fresh tap water and cups readily available during lunchtime in the hall. Children are encouraged to bring their water bottles.

6.2. The school will also encourage parents / carers to provide a water bottle for their child so that every child has access to water throughout the day. Juice, milkshake or fizzy drinks are not permitted in the classrooms, though water is readily available and children have access to fresh drinking water to refill their bottles when needed.

6.3. The school recognises its pupils' need to drink water when they are thirsty, hot, tired, or unwell, and accommodates this need – Juice is not allowed within the classrooms, though children may choose to bring juice to have at lunch time. No fizzy drinks are allowed.

6.4. Jacksdale Primary & Nursery will not allow pupils to consume energy drinks on the school premises. Any energy drinks will be confiscated, and returned at the end of the school day if unopened.

7. Healthy eating in the curriculum

7.1. Healthy eating messages are conveyed and promoted across the curriculum at Jacksdale Primary & Nursery, in lessons such as science, design and technology, and personal, social and health education (PSHE).

8. Food hygiene

8.1. Nottinghamshire County Council Catering Division will conduct regular inspections of its kitchen facilities.

8.2. Children are reminded on a regular basis of the importance of washing their hands before eating.

8.3. Reminders to wash hands after using the toilet, and before and during the preparation of food, are posted in all the school bathrooms.

9. Exemptions

9.1. Jacksdale Primary & Nursery recognises that The School Food Regulations do not apply to food provided:

- At parties or celebrations marking religious or cultural occasions or birthdays / theme days.
- At fund-raising events.
- As rewards for achievement, good behaviour, or effort.
- For use in teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch.
- On an occasional basis by parents/carers or pupils.
- Jacksdale Primary & Nursery makes exceptions to the Healthy Eating Policy in these instances, for reasons such as pupils with diabetes.

10. Monitoring and review

10.1. The headteacher will review this policy every other year, ensuring that all procedures are up-to date.

10.2. Any changes made to this policy will be communicated to all members of staff.

Appendix 1: School Food Plan Portion Sizes for Primary Schools

Food group	Foods	State	Typical portion size
Starchy foods	Bread		<ul style="list-style-type: none"> • (50-70g) 1-2 slices of medium bread • 1 small roll • 1 small or ½ large bagel • 1 small pitta • 2 6" wraps • 1 10" wrap
	Potato/sweet potato	Raw	120-170g
	Jacket potato	Raw	200-280g
	Potatoes cooked in oil or fat e.g. chips, potato wedges, roast etc.	Raw	70-100g
	Other root vegetables	Raw	100-150g
	Pasta/noodles	Dried	45-65g
	Rice	Dried	35-55g
	Other grains	Dried	40-60g
	Garlic bread		20g
Fruit and vegetables	Vegetables or mixed salad	Raw	40-60g
	Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower,	Cooked	40-60g

Food group	Foods	State	Typical portion size
	broccoli, swede, turnip, leek, Brussel sprouts, cabbage, spinach, spring greens		
	Pulses including lentils, kidney beans, chickpeas	Dried	15-20g
		Cooked	40-60g
	Baked beans in tomato sauce	Cooked	50-70g
Fruit and vegetables	Vegetable-based soup	Cooked	200-250g
	Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g
	Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g
	Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g
	Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g
	Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g
	Fruit based dessert	All fruit-based desserts should have a content of at least 50 percent fruit measured by weight of the raw ingredients. Fruit used as decoration or jam added to a dessert does not count towards this standard.	

Food group	Foods	State	Typical portion size
Meat, fish, eggs, beans and non-dairy sources of protein.	Roast red meat (this is also the portion size for baked potato and sandwich fillings)	Raw	50-80g
	Roast poultry (this is also the portion size for baked potato and sandwich fillings)	Raw	60-85g
	Red meat/poultry in dishes such as casserole, stew, pie or curry	Raw	50-75g
	Meat based soup	Cooked	200-250g
	White fish	Raw	60-90g
	Oily fish	Raw	55-80g
	Fish or shellfish	Cooked	50-70g
	Breaded/battered fish	Cooked	60-90g
	Egg in salad, baked potato or sandwich	Cooked	1 egg
	Meat alternatives such as soya, tofu and Quorn™	Cooked	50-70g
	Pulses	Raw	20-25g
		Cooked	50-60g
	Vegetarian sausages, burgers, nut cutlets	Raw/cooked	50-70g
Meat, fish, eggs, beans and non-dairy sources of protein.	Sausages made from beef, lamb or pork	Raw	50-75g
	Burgers	Raw	55-80g

Food group	Foods	State	Typical portion size
	Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, cold pork pie	Cooked	80g
	Breaded/battered chicken and turkey products	Cooked	50-70g
Milk and dairy	Lower-fat drinking milk		150-200 ml
	Milk puddings and whips made with milk		100-120g
	Custard made with milk (e.g. served with fruit); portion size excludes fruit		80-100g
	Yoghurts		80-120g
	Cheese (added to salads, baked potatoes, sandwiches or crackers)		20-30g
High fat foods, sugar and salt	Fruit pies, sponge puddings or crumbles		80-100g
	Fruit jelly (portion size excludes fruit)		80-100g
	Cakes, tray bakes, muffins, scones, doughnuts		40-50g
	Biscuits and flapjacks		25-30g
	Ice cream		60-80g

Food group	Foods	State	Typical portion size
	Pizza base		50-70g
	Savoury crackers, bread sticks		<ul style="list-style-type: none"> • 10-15g • 1-2 crackers
	Condiments		No more than 10g, or one teaspoonful
	Gravy		<ul style="list-style-type: none"> • 20-30g • 1 tablespoon
Healthier drinks	Fruit/vegetable juice		<ul style="list-style-type: none"> • 150 mls
	Drinking milk		<ul style="list-style-type: none"> • 150-200 mls
	Combination drinks (fruit juice/water, flavoured milk)		<ul style="list-style-type: none"> • 330 mls