

Developing Healthy Eating Habits

At Grindon Hall Christian School we want to work alongside families to improve the health and happiness of our children and the wider community to which we belong.

There is currently a national focus on increasing the life chances of our children by improving our nation's diet habits. As a school community we can begin to tackle this trend by modelling and encouraging healthy practices. By ensuring balanced diets are provided for children, we will lay the foundations for better food habits in adulthood.

A child at school should have about a third of their daily nutrient requirements at lunchtime. This means they need food that are going to provide them with enough energy, protein, fibre, vitamins and minerals.

It is far easier to get the necessary nutrients into a cooked meal therefore **we encourage all our pupils to take a school lunch**. The food served in our restaurant is cooked on site and is provided by Taylor Shaw and meets the recommended guidelines for nutrition. For further information, please see information about their service on our school website.

Many parents mistakenly believe that a packed lunch is the healthiest option. In fact, only 1% of packed lunches meet the nutritional standards that currently apply to school food. A healthy packed lunch should contain a mix of foods from the 5 food groups on the EatWell Plate, shown below.



Our Healthy Packed Lunch Policy

If parents do not wish their child to access the balanced meals provided by our school lunch service, then a packed lunch may be provided, however, packed lunches should meet the food standards laid out in our Healthy Packed Lunch Policy:

A healthy packed lunch should contain:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans, nuts or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- At least one portion of fruit and one portion of vegetable/salad to provide all the other vitamins and minerals. A piece of fruit could be 100% juice or a piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be fresh vegetables such as carrot sticks, salad or a vegetable dish.

In addition to the above, one small treat may be included e.g. mini slice of cake, muffin or plain biscuit. Confectionary, chocolate and sweets are not allowed.

Jugs of water are provided on all tables in the school restaurant. Students should bring a bottle so they may drink water at other times in the day.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied. We will encourage the children in school to try all the food in their lunchbox.

The following foods must not be included in packed lunches

- Fizzy drinks
- Sweets, confectionary and chocolate
- Takeaway cooked food
- Foods with high number of artificial flavouring/preservatives
- Items with high amounts of processed sugar

As some of our children have severe, potentially fatal allergic reactions to nuts we are a nut free school and we do not allow children to bring any products to school that contain nuts. Please check to ensure nut oil has not been used as part of bought biscuits/cake.

It is the responsibility of the parent or carer to inform the school as soon as any new medical conditions have been diagnosed by doctors. Any allergies already known MUST be recorded on the pupil details form at the time of registration.

We advise that you use insulated lunch boxes/bags to ensure your child's lunch stays cool and fresh as they will be stored in the classroom. If you would like any further information about providing your child with a healthy lunch box, then please contact pastoral support department for a member of staff to work with you on ideas for healthy lunches. In the meantime you could look on the NHS website as they have advice, guidance and lunchbox menu ideas <http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

Some children in the school are working with dieticians and others have specific medical requirements which impact upon their diet, if this is the case please contact school so that we can work with you to support your child's specific needs.