

Wootton Bassett Infants' School



Healthy Eating Policy

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At Wootton Bassett Infants School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

AIMS

The general aim of Wootton Bassett Infants School is to provide a stimulating, purposeful, educational environment enabling children to develop academically and socially in a cheerful atmosphere, so preparing each child for the opportunities, responsibilities and experiences of life.

More specifically - through our food policy - we will endeavour:

1. To maintain or improve the health of the whole school community through education - increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
2. To ensure that children are well nourished at school - that we practise what we preach - with every child having access to safe, tasty and nutritious food and water during the school day.
3. To increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.
4. To ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, and people with specific food-related allergies or conditions..
5. To meet the nationally agreed and locally accredited Healthy School standard in Healthy Eating.

Free milk is provided for the under 5s and the school enables parents to purchase milk for the children over 5. Teaching assistants hand this out at morning break time, or in the classroom. The milk is stored in the fridge situated in the school kitchen.

Lunch time

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal provider is Dolce and we continue to work closely with them to improve the quality and uptake of school meals. Children may bring packed lunches to school, and although we accept that it is up to the parents what they put into their children's lunch box, we continue to emphasise the importance of a healthy lunch by promoting good practice.

To meet the National Nutritional standards, lunches for pupils at Wootton Bassett Infants school will contain at least one item from each of the following food groups.

- Starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than twice a week.
- Fruit and vegetables must be available every day. Fruit based desserts must be available twice a week.
- Milk and dairy foods.

- Meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least once a week. Cheese may be included in the meat/fish protein group for primary children.

What do national nutritional standards apply to?

- All lunches provided for pupils during term time, whether they are free or lunches which pupils pay for.
- Hot and cold food, including packed lunches provided for free school meal pupils on school trips.

HEALTH AND SAFETY

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.

Useful Websites

www.dfes.gov.uk/schoollunches

www.wateriscoolinschool.org.uk

www.fooddudes.co.uk

www.healthedtrust.com

www.foodgov.uk

www.doh.gov.uk/fiveaday

www.bda.uk.com (British Dietetic Association)

www.nutrition.org.uk

www.foodstandards.gov.uk

www.stroke.org.uk

www.bhf.org.uk