

Fuelling the Future Generation

17th July 2017

Programme

- Brief Introduction
- Why children's nutrition is so important
- Whole school approach to nutrition
- New food provision arrangements
- Case study- changes made in Parks Café
- Preschool food provision
- Packed lunches
- Cookery in the curriculum
- Headteachers checklist
- Guernsey Healthy Schools Benchmark
- What next?

Food in Schools



Introduction
and
Background



Why Children's
nutrition is so
important



The
**importance
of nutrition** for
children &
young people

‘the diets of typical
British families now pose
the greatest threat to
their health and
survival’

Food Foundation, 2016



How many decisions a day?



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change

4 life

Eat well

Move more

Live longer

Strategic approach to healthy nutrition

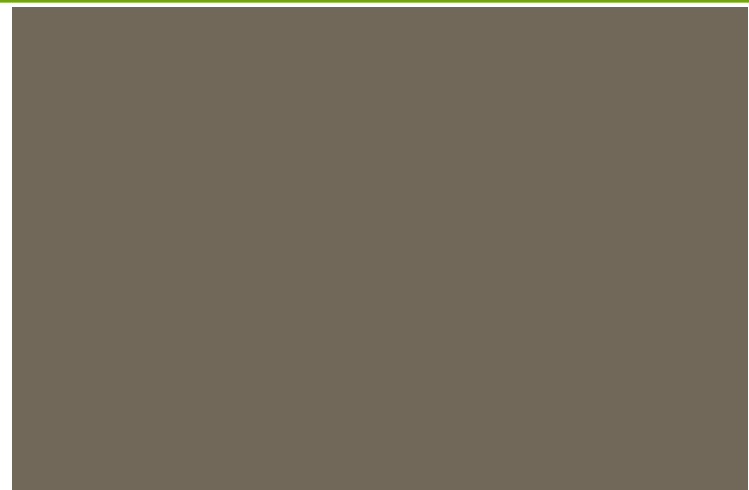
Fiscal
measures

Early years

Schools

Public
bodies

Commercial
settings



Whole school
approach

Food in Guernsey Schools Policy Directive and Guidelines

- Regulation = effective tool in behaviour change
- Recognises that food and nutrition play an important role in helping students to learn effectively
- Ensures consistency in messages in formal curriculum, food provision and school activities


States of Guernsey

Education Department
Policy Directive and Guidelines

FOOD IN GUERNSEY SCHOOLS

F.I.G.S.

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 **EDUCATION**
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT

Policy Objectives

- To set out a consistent approach to food and drink provision throughout the school day (including trips and residential)
- To ensure that all food, provided by education establishments, throughout the teaching day, adheres to the Guernsey School Food Standards.
- To direct the curriculum to include learning associated with healthy, balanced diets enabling young people to make healthy food choices
- To require education establishments to work in partnership with parents, carers and young people to provide healthy eating advice, relating to lunch boxes
- To require education establishments to provide a safe, healthy and welcoming eating environment for students and staff to eat their lunch
- To ensure that young people are consulted about food choices, through School Councils or other representative student bodies

Accountabilities

- **Headteachers** accountable for how food and nutrition education is organised
- Also to ensure that food provision complies with the Policy directive and Guernsey School Food standards
- All staff expected to ensure that if they responsible for provision of food or teaching about healthy eating that it complies with the policy

Highlights!

- Drinking water available to all students and staff all day
- Parents and students should be informed about healthy packed lunches
- Only snacks and drinks that comply with Guernsey Food Standards should be available in tuckshops
- Clean welcoming sociable environments should be provided for eating lunch
- Students should be taught about healthy eating using the Eatwell Guide

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 100kJ 200kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
4%	7%	38%	15%	

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

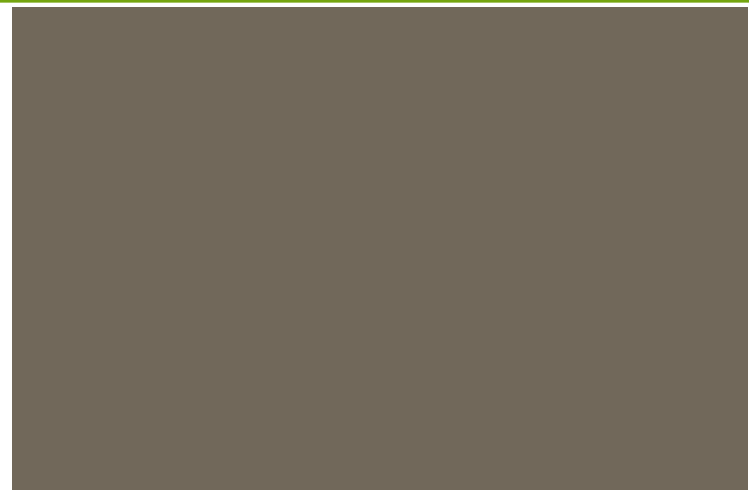


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

- All social events, school clubs and rewards systems should operate within the policy
- Breakfast and After school clubs should provide food within the Standards
- The Standards do not apply to parties, celebrations and fundraising events if infrequent but healthy options should be provided
- Students and parents/carers should be consulted regularly on food provision



The Guernsey Food Standards

The Food Standards

Guernsey School Food Standards: 2015 onwards

Food Group	Food-based Standards
Fruit & Vegetables	At least 2 servings per day
Meat, fish and other sources of protein	A portion of meat, fish or other non-dairy sources of protein must be provided every day
	Red meat to be provided no more than 3/week
	Fish 2/week – once not canned tuna Oily fish once every 3 weeks
Meat (manufactured or homemade) products	Meat products should be provided no more than 2/week
Starchy food	A starchy food must be provided every day (bread, pasta, rice, potatoes)
	Low fat oven chips can only be provided 1/week
	Pastry can only be provided 2/week across the school day
Milk and Dairy	Extra bread with no added fat or oil must be free of added salt
	Milk or dairy food (cheese, yoghurt (including flavoured), cream) must be provided every day
Salt	Salt should not be added to food after the cooking process at lunch tables or at service counters

Guernsey School Food Standards – v1 – 15.02.16
This document is version controlled – please contact the Community Dietitian, HSSD, to ensure you have the most up-to-date version.

Condiments	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of no more than 10g or 1 teaspoon
Savoury Snacks	Savoury snacks (as per guidance*) may be provided only at lunch-time only
Confectionery	Confectionery (as per guidance**) may be provided only at lunch-time only
Cakes and Biscuits	Cakes and biscuits (as per guidance***) may be provided only at lunch-time only
Water	Free, fresh drinking water must be provided every day.
Healthier Drinks	<p>The only drinks permitted during the school day are:</p> <ul style="list-style-type: none"> • plain water (still or sparkling), • skimmed or semi-skimmed milk, or milk-based drink (less than 5% total added sugar AND no more than 400ml) • fruit or veg juice (max 200ml), or fruit/vegetable juice and water combination (at least 45% juice, and no more than 330ml in total for beverage) • yogurt drinks (less than 5% added sugar AND no more than 400ml) • Tea, coffee and low calorie hot chocolate (no more than 20cal/100ml) are permitted <p>Flavoured water & ice tea are <i>not</i> permitted</p>

Guernsey School Food Standards – v1 – 15.02.16
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The Guernsey Food Standards

✓ More fruit and Vegetables

- At least two servings per day per child must be provided



✓ More fish

- Oily fish such as mackerel or salmon must be provided at least once every three weeks
- Fish must be provided twice a week – once not canned tuna



✓ Starchy food



- Bread with no added fat or oil must be provided on a daily basis
- Starchy food should be provided every day – eg bread, pasta, potatoes, rice
- Low fat oven chips once a week
- Pastry only provided twice a week across the school day

✓ Drinking water

- Free, fresh drinking water should be provided at all times



✓ Healthier Drinks

- The only drinks permitted are
 - plain water
 - blue or green milk
 - fruit or veg juice (max 200ml)
 - Soya, rice or oat drinks
 - Flavoured low fat milk less than 5% added sugar
 - Plain yoghurt drinks (less than 5% added sugar)
 - tea, coffee, low cal hot chocolate



✘ Salt and Condiments – restricted

- Salt – should not be added to food after cooking. Salt should not be provided on tables or at the counter
- Condiments such as ketchup or mayonnaise may be available only in sachets or individual portions of no more than 10 grams or one teaspoonful



✘ Confectionery – only at lunch time

- Confectionery, such as chocolate bars and chocolate-coated or flavoured biscuits, sweets or cereal bars - no more than 100 cals per item
- Cakes, biscuits, pastries, pies, buns, muffins - no more than 100cals per item



✘ Savoury Snacks – only at lunchtime



- includes crisps, pretzels, salted or sweetened popcorn, cream crackers, breadsticks - No more than 100 cals per item
- Nuts, seeds, fruit or vegetables with no added salt, sugar or fat are allowed

✘ Deep-Fried Food Restricted

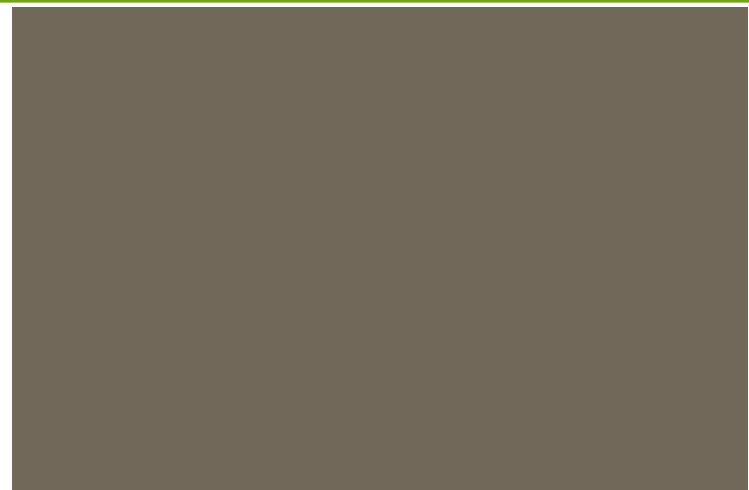
- No more than two portions of deep-fried items eg chips or batter coated products in a single week
- This includes products which are deep-fried in the cooking or manufacturing process



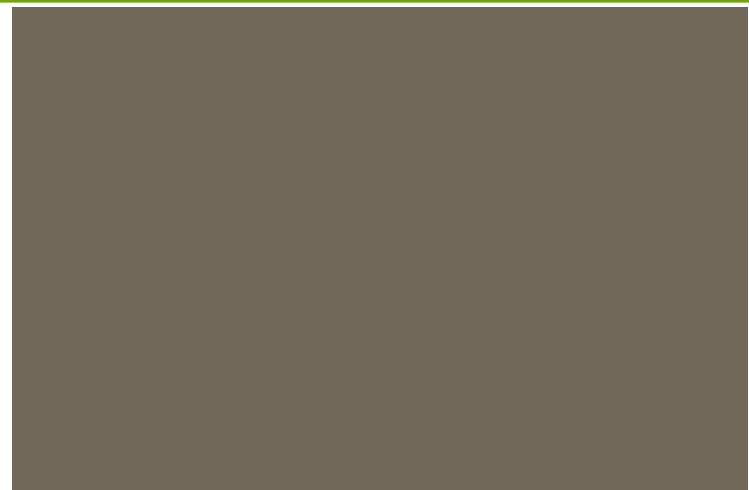
✘ Meat Products – Restricted

- e.g. burgers, sausages, ham, meat pie should be provided no more than twice a week

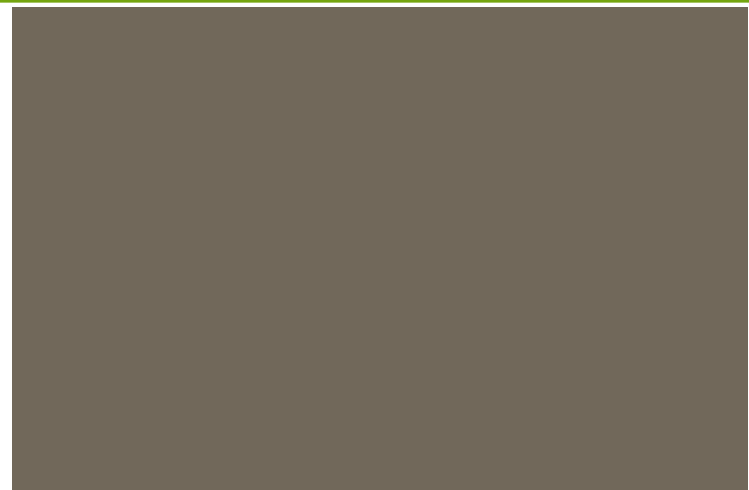




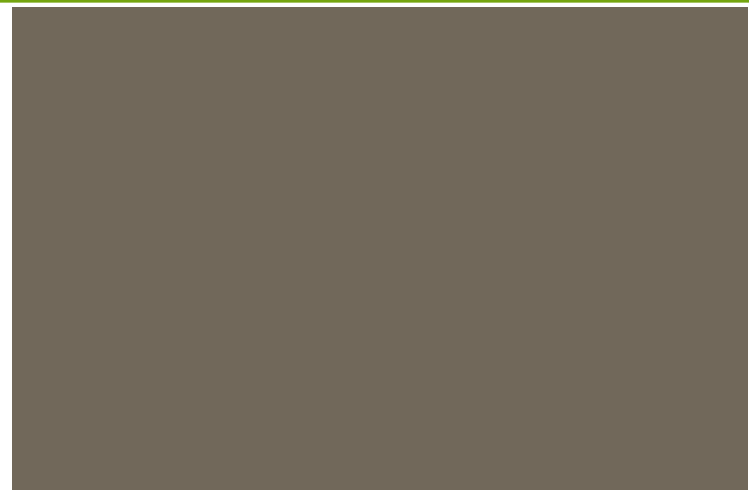
Food Providers in Schools



Changes to Parks Cafe



Pre schools
provison



Packed lunches

PACKED LUNCH TOOLKIT



School Wellbeing



Packed Lunch LOW COST MENU IDEAS

TOOLKIT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
 <p>Tuna & sweetcorn pasta salad An apple Small tub of ice pudding Cost ~ 65p/75p</p>	 <p>Egg salad sandwich Small tub of sliced pineapple Slice of fruit cake with soft cheese spread Cost ~ 53p/58p</p>	 <p>Ham & soft cheese sandwich A banana Small tub of oad sticks Cost ~ 60p/75p</p>	 <p>Beef & onion salad sandwich Tub of rice pudding & raisins A banana Cost ~ 56p/61p</p>	 <p>Mackerel potato salad A slice of fruit loaf Cherry tomatoes Cost ~ 59p/73p</p>

Packed Lunch

PUPIL SURVEY - SECONDARY SCHOOL

TOOL 11



How many days per week do you do the following, please tick:

0 1 2 3 4 5

Number of school days per week

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Buy my lunch in school
- Have a hot school meal
- Bring a packed lunch that I have made
- Bring a packed lunch a family member has made for me
- Bring in a shop-bought packed lunch (i.e. meal deal)
- Go out of school to buy my lunch
- Do not have a lunch
- Have my lunch at break time

Why do you choose to have the lunch option/s you stated above?

How important do you think it is to eat a healthy lunch at school?

Very important Not important

Do you know what food items make up a healthy, balanced packed lunch?

Yes No Don't know

How many days per week do you think your packed lunch is healthy and balanced?

5 4 3 2 1 0 Not applicable

What makes it difficult for pupils in your school to have a healthy balanced lunch every day?

Do you think that schools should have a packed lunch policy guidance that has the same restrictions as the school food standards?

Yes No Don't know Maybe

* These are standards that apply by law to food served by school to ensure it is healthy and nutritious. They are provided and restrict some foods like chocolate bars and fizzy drinks.

TOOL 11

Would a packed lunch policy or guidance encourage you to change, if needed, what you put in your packed lunch?

Yes No Don't know Maybe Not applicable to me

Do you think it would be helpful if school staff or other pupils gave regular feedback on what to put in packed lunches?

Yes No Don't know Maybe

How often do you think the following foods should be in packed lunches at your school?

(Tick one box for each type of food)

	Never	1-2 days a week	2-3 days a week	4-5 days a week
Crisps and savoury snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confectionery (e.g. sweets and chocolate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fizzy drinks / sugary drinks / sweetened drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes and biscuits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables and salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A source of carbohydrate (e.g. bread, pasta)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A source of dairy food (e.g. milk or yoghurt)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A source of protein (e.g. meat, fish, eggs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Would you or your family like some ideas and suggestions for affordable healthy packed lunches?

Yes No Don't know Maybe

If your school provided you with a pre-made 'grab bag' or 'meal deal' would you consider this instead of bringing a packed lunch?

Yes No Don't know Maybe

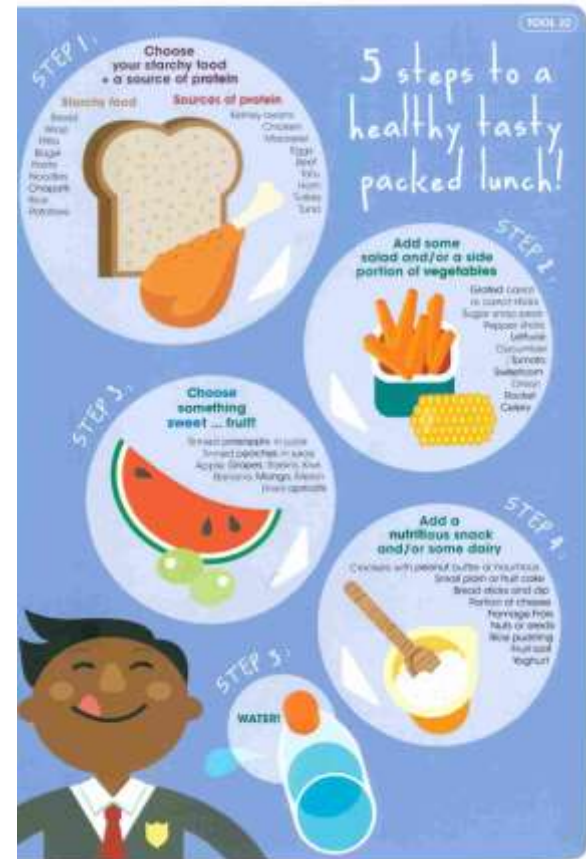
Thank you for taking the time to complete this survey. Any completed questionnaire will be entered into a prize draw to win...

Leeds City Council Packed Lunch toolkit

- Aim: to improve the quality of packed lunches
- over 30 practical tools
- policy template and example policy
- surveys, lesson plans, assemblies,
- a parents meeting,
- menu ideas, posters, leaflets,
- letter templates,
- a step-by-step guide to implement a successful new policy

Proposals

- To work with pilot schools to develop a packed lunch policy
- Set up working group
- Audit current provision
- Implement draft guidelines
- Work with school on challenges
- Develop policy for Bailiwick schools

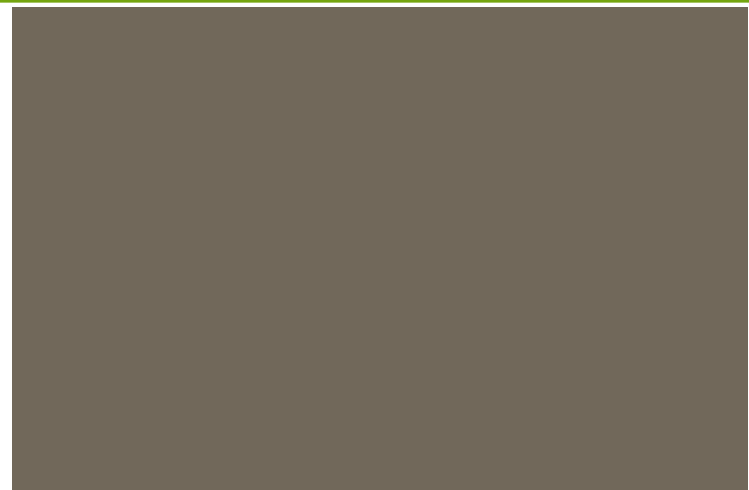




The Headteachers Checklist

Guernsey
Healthy Schools
Benchmark





What next?

Help available

- HPU support: information, support for working group, training for staff, parents
- Children's Food Trust – website, resources, case studies, sample menus
- PSHE Advisory Teacher – NHSS, PSHE scheme of work
- Community Dietitian



Any Questions?