



Healthy Eating and Wellbeing Policy

Reviewed by: Governing Body

Approved: October 2023

Next Review: October 2026

In July 2013 the Department of Education (DfE) published the School Food Plan (SFP)¹ which sets out actions to transform what children and young people eat in schools and how they learn about food. As part of the SFP, a new set of School Food Standards² (built on a nutritional framework) for all food served in schools were published and came into force 1 January 2015. The plan is about:

- Good Food
- Happiness
- Pleasures of Growing, Cooking and Eating Proper Food
- Improving Academic Performance;
- The Health of the Nation

The revised set of mandatory food-based standards and portion sizes for school meals ensures tasty and nutritious meals are provided at all times. As a result of this, meals consumed by children and young people at school will not only be nutritious, providing a balanced diet (in line with the Eatwell Guide)³ but it will also help to embed healthy attitudes and social practices towards food consumed and mealtimes, whilst simultaneously learning about production, environment and sustainability. This means health and wellbeing of children and young people can be promoted within a whole school approach framework.

West Norfolk Academies Trust (WNAT) believes in and supports the ethos that developing a healthy diet and good eating habits early on will lay the foundations for future health; healthy minds require quality diets to thrive. WNAT fully supports, and has been actively involved, with the SFP and goes that extra mile to create tasty and wholesome menus supported by flawless service, which make food both fun and relevant. WNAT feels passionate about delivering outstanding service and food to its children, young adults and staff.

WNAT are committed to adhering to the Healthier Catering Guidance⁴ for all schools which provides advice on healthier catering practices when procuring, preparing, cooking, serving and promoting food. This information is used alongside the Government Buying Standards for Food and Catering⁵, providing a basis for developing healthy catering frameworks. WNAT are committed to following these guidelines whilst continually working to improve the nutrition profile of produces within the business. These good practices will reduce the calories provided by fat, free (added) sugar and salt in recipes and hence, meals served. WNAT is dedicated to following the Government strategy, based on Scientific Advisory Committee on Nutrition⁶ (SACN) recommendations, to reduce the total sugar content of appropriate recipes, actively used within the Trust by 20%.

1. The School Food Plan - <http://www.schoolfoodplan.com/>
2. School Food Standards - <http://www.schoolfoodplan.com/actions/school-food-standards/>
3. Public Health England 'The Eatwell Guide' - <https://www.gov.uk/government/publications/the-eatwell-guide>

4. The Healthier Catering Guidance
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/604934/Healthier_catering_guidance_for_different_types_of_businesses.pdf
5. Government Buying Standards for Food and Catering
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/418072/gbs-food-catering-march2015.pdf
6. Scientific Advisory Committee on Nutrition
<https://www.gov.uk/government/groups/scientific-advisory-committee-on-nutrition>