

Healthy Eating in Gateshead Schools

Fruit in School

School Meals

Tastebuds

Breakfast Club

Healthy Eating Award

5-a-day

Why is healthy food so important?

- It is important that children have the best possible start in life and to be successful in whatever they do and a healthier, well-balanced diet is a key, part of that and may also contribute to improved learning.
- Child obesity levels are still rising, eating and learning about healthier diets at school and at home, as well as being more active, can help tackle this problem.
- Eating a well balanced diet from childhood can help protect against diseases in later life.
- Children need consistent and positive messages about food. This requires school to involve parents and pupils in making a 'whole school food policy'. The whole school approach as part of the new National Healthy School Status also includes physical activity, personal social and health education and emotional health and well being.

Food in Schools

- The Government has launched a joint venture between the Dept of Health and the Dept for Education & Skills to make healthier food choices an integral part of the school day. The initiative was promoted by the current and future health and well being of children and young people. In particular the rising levels of childhood obesity and diet related conditions.
- The Food in School initiatives tackle Healthier Breakfast Clubs, Tuck shops, Vending Machines, Lunch boxes, cookery Clubs as well as Drinking Water in schools, Growing Clubs and improving Dining room environments.
- 5 Themes run throughout the Food in School resources:
 - Whole School Approach
 - Healthier Eating and Drinking
 - Sustainability
 - Funding and Support
 - Food Safety and Hygiene



The Food in School programme benefit schools by:

- Improving the health and well being of pupils, staff and the school community;
- Assisting schools achieve the National Healthy School Status and Gateshead Healthy School Award through meeting the criteria for 'Healthy Eating';
- Giving children, young people and staff clear, consistent messages about food throughout the school day;
- Developing a whole school policy which is clear and workable;
- Supporting regular professional development for teachers and all support staff/ancillary staff;
- Providing food education through science, Food Technology and PSHE;
- Providing important links between curricula and non-curricular activities;
- Engaging pupils in making informed choices about their diet and;
- Promoting working partnerships between school, pupils, parents and the wider health promoting community.

Gateshead School Meals Service

HEALTHY FOOD IN SCHOOLS TRANSFORMING SCHOOL MEALS

The Government have provided funding for 3 years (from September 2005) to support schools and Local Authorities to transform school meals with healthy food, prepared fresh on the premises by trained cooks, which would follow tough minimum nutritional standards under pinned by Ofsted Inspections.

- A minimum spend on ingredients of 50p per day for pupils in Primary
- Increased training and working hours for school cooks.
- £60million from Big Lottery and the DfES to enable a new School food Trust to give support and advice to schools and parents to improve the standard of school meals.

For further information visit www.dfes.gov.uk

The service is committed to ensuring that children get a healthy nutrient packed meal every day.

An award-winning service - that has received a Charter Mark for excellent customer service which provides over 14,000 meals to Gateshead pupils' every day.

A tasty meal costs £1.50 - one of the lowest prices in the country.

In primary schools:

- three different menus change every week and that exceed the nutritional standards for school meals;
- a vegetarian choice is available daily in all schools and special diets are provided on request;
- fresh fruit and vegetables, milk, bread and fruit juice are all available every day.

For further information contact Gateshead Schools meals Manager on 0191 433 3729. www.gateshead.gov.uk

Gateshead Nutrition Strategy

The Nutrition Strategy Action Plan brings together actions to meet the commitments stated in the White Paper - choosing Health. Making healthier choices easier, as well as action that needs to be taken at a local level to improve people's health through improved diet and nutrition.

Children and young people are seen as an important target group. A key action is to raise the awareness of 5 A Day and informing people of the benefits of a healthy balanced diet by promoting clear and consistent messages and getting children and young people to eat 5 portions of fruit and vegetables a day.

Further information from Gateshead PCT 0191 4971475.

Water in Schools

An increasing number of schools now allow pupils to bring water bottles to lessons or have access to water coolers. Many of them involve children in BRAIN GYM activities to improve learning.

For further information contact local suppliers eg Northumbria Water 08708500219 or visit www.wateriscoolinschool.org.uk www.foodinschools.org

Milk in Schools - the White Stuff

Many schools provide milk for young children during the school day as well as that provided by the School Meals Service at lunchtime. For further information contact 0191 433 3729.

Message for Parents/ Carers who provide their children with a healthy lunch box

Have you included:-

1. A good portion of starchy food eg. thick wholemeal bread, chapatti, pitta pocket, pasta or rice salad
2. Plenty of fruit and vegetables eg an apple, satsuma. Handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or small box of raisins
3. A portion of milk or dairy food, eg. individual cheese portion or pot of yogurt
4. A portion of lean meat, fish or alternative eg. ham, chicken, beef, tuna, egg, bean/lentil salad
5. A drink eg fruit juice, milk or water

Guidance from British Nutrition Foundation, Dept of Health Food in Schools Toolkit.

Gateshead Healthy Eating Award

Introduced in 2001 to enable schools to meet the criteria to meet National Healthy School and Gateshead Healthy School Award criteria. Addressing policy and providing schools opportunities to put in practice key curriculum and health promoting messages about healthy eating.

National School Fruit and Vegetable Scheme

Since 2004 100% of Gateshead Schools have received free fresh fruit in Key Stage 1 as part of the National Fruit in School Scheme. This is now been extended to include pupils in Key Stage 2 in many schools.

5-A Day

Eating more fruit and vegetables may help reduce the risk of the two killer diseases in this country - heart disease and some cancers. Children, young people should be encouraged to eat at least 5 portions of a variety of fruit and vegetables a day.
www.doh.gov.uk/fiveaday

Every Child Matters

Schools take into account the benefits of healthy eating AND drinking water as part of the BE HEALTHY OUTCOME.
www.everychildmatters.gov.uk

New National Healthy School Status

Healthy Eating is one of the 4 key themes. Schools have to provide evidence and demonstrate they have met the criteria:-

'Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.'

Gateshead Schools should seek further guidance from their Gateshead Healthy School Award Guidelines.

School Food Trust

The Government has set up a 'Food Trust' to bring together caterers nutritionists, food interest groups, schools and parents. It will play an important role to improve school food by giving independent support and give advice to schools and parents on how they can improve the standard of school meals and ensures that school food stays high on the education agenda.

School Food Trust Guidelines

School tuck shops and vending machine should not sell junk food such as crisps, chocolate bars and sugary drinks.

- Schools should not sell confectionery and bagged savoury snacks other than nuts and seeds with no salt or sugar.
- Schools should offer a variety of fruit and vegetables and free chilled drinking water, bottled water, skimmed or semi skimmed milk, pure fruit juices, yoghurt and milk drink with less than 5% added sugar.

See website for further information.

Key Evidence and Messages

'You are what you eat!'

'An apple a day keeps the Doctor Away!'

- Ofsted Inspections of Schools will review the quality of school meals as part of regular school inspections from September 2005 and perform detailed inspections with Nutritionists of the nutritional content of school food in a sample of schools in every local education authority.

HRBQ Survey findings

- Evidence from the 2004 Young People in Gateshead Health Related Behaviour Questionnaire Survey found that a high proportion of pupils having nothing at all for breakfast - the group most likely to have nothing substantial for breakfast are Year 10 females.

- 5 A Day - 22% of primary pupils and 14% of secondary pupils say that they had at least 5 portions of fruit or vegetables - whilst 13% and 21% respectively had none at all.
- Water - the proportion of young people drinking at least a litre of water a day drops off in Secondary Schools.
- Children and Young People should avoid too much salt, fat, sugar and fizzy drinks.
- Eat at least 5 portions of different fruit and vegetables a day.
- Drink between 6 to 8 glasses of water every day.
- Clean your teeth after meals.

Initiatives to promote 5-A-Day

Fruity Friday - to raise awareness of health benefits of eating more fruit and vegetables.

Take Five! - eating at least 5 portions of fruit and vegetables every day can reduce your risk of serious illness - fresh, tinned, frozen, cooked, juiced or dried.

How much is a portion?

- 1 piece of medium sized fruit such as apple, peach, banana or orange
- 1 slice of large fruit such as melon, mango or pineapple
- 1 handful of grapes or 2 handfuls of cherries or berry fruits
- 1 tablespoon of dried fruit
- a glass (roughly 100ml) of fruit or vegetable juice
- a side salad
- a serving (roughly 100g) of vegetables eg frozen or mushy peas, boiled carrots or stir-fried broccoli
- vegetables served in a portion of vegetable curry, stir-fry or casserole.

Websites - for further information

- www.gatesheadgrid/healthyschools.org
- www.healthpromotion.demon.co.uk
- www./hsp.org
- www.wiredforhealth.gov.uk
- www.foodinschools.org.uk
- www.5aday.nhs.uk
- www.healthedtrust.com/pages/snag.htm
- www.sustainweb.org/g5ap/psetup.asp
- www.eatwell.gov.uk
- www.dentalhealth.org.uk
- www.nutrition.org.uk/
www.nutrition.org.uk/getactive
- www.waitrose.com/focusonfood
- www.foodalliance.co.uk
- www.bhf.org.uk
- www.teachernet.gov.uk/wholeschool/healthyliving
- www.food.gov.uk/news/newsarchive/2004/sep/curriculum/lunchbox2
- www.defra.gov.uk/farm/sustain/casestudies
- www.waterinschoolischool.co.uk/www.milk.co.uk

Gateshead 5-A-Day Initiative

Intergenerational allotment project - linked with Age Concern. A number of schools have established their own school garden on site where staff and pupils have been supported by parents and volunteers from the local community to help children improve their knowledge of the health benefits of fruit and vegetables.

Balance It

Balance It is a multi-health agency group of health promoting professionals, that provide support, advice and resources to deliver a healthy eating message to children and young people in Gateshead.

Local Contacts

- **Learning and Children - Raising Achievement Service**
Health Education Adviser
Healthy School Consultants
all at Dryden Professional Development Centre,
Evistones Road, Gateshead NE9 5UR
Tel 0191 4338500/4338670
- **School Meals Service**
School Meals Manager
Tel 0191 4335513
- **Gateshead Primary Care Trust**
Healthy Promotion Team
Tel 0191 4789061
- **School Health Advisors**
Tel 0191 4958500
- **Gateshead PCT/Health Promotion**
Public Health Development Team
Resource * Information Officer
Tel 0191 4779743
- **Gateshead Balance It Group**
Contact 0191 4789061/0191 4338500