

Food in Schools: Award Evidence

School Name:

Date:

| Criteria | Evidence |
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| Food Provision | |
| a) Compliance with the School Food Standards and annual menu review | <i>Please submit lunch menus and details of other food served in school. How often are menu reviews held? What have been the outcomes?</i> |
| b) Use of reduced sugar options of pre-prepared food and reduced sugar recipes where food is prepared in school | <i>How is sugar reduced in the food provided at school? Please can you give details of where reduced sugar options have been preferentially purchased and/or where recipes have been modified? Receipts, photos, and recipes can be submitted to support your evidence.</i> |
| c) Water is free, fresh, readily available and consumption is promoted in school - fizzy drinks, sports drinks, energy drinks, sweetened soft drinks, and milkshakes are not sold or allowed in school (including in vending machines) | <i>Please tell us how water is made available in school and how it is promoted to students.</i> |
| d) Vending machine and/or tuck shop options have been reviewed to contain the healthiest items possible - healthier items priced lower than unhealthier counterparts - healthy items visually emphasised - location of vending machines have been reviewed | <i>Please give details of vending machine arrangements (e.g. time period). Please explain how vending machine/tuck shop options have been or are being reconsidered in school and what changes have been made. Please give details of tuck shop contents and how these are chosen and priced. How are healthier snack options emphasised? Where are vending machines located?</i> |
| e) Tasting samples of new foods and recipes are offered to students at least once per half term | <i>Please give details of how tasting is offered to students. How often are samples offered and what foods have been sampled? What are the outcomes of tasting sessions?</i> |
| f) The School has a current Food Hygiene Rating of 4 'Good' or 5 'Very Good' | http://ratings.food.gov.uk/authority-search/cornwall Healthy Schools Advisor to check details. |

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| <p>g) Healthy, home-made, or home grown produce is available at school events such as fayres and charity events</p> <ul style="list-style-type: none"> - healthy produce and healthier alternatives encouraged (e.g. reduced sugar bakes, vegetable cakes, fruit products etc.) - confectionery sales not allowed | <p><i>How are students and parents encouraged to bring in healthier options for school events? What alternatives have there been in school?</i></p> |
| <p>Environment</p> | |
| <p>a) Menus are displayed in the dining room and messages around healthy diet and lifestyle are displayed in the dining room and around the rest of the school</p> | <p><i>Please describe or show how menus are displayed in the dining room. Please tell us about the displays on healthy eating and lifestyle that you have on display in the dining room and around school.</i></p> |
| <p>b) Healthy food options are emphasised at lunch time</p> <ul style="list-style-type: none"> - healthy options are regularly checked and re-stocked - healthy options easy to access | <p><i>What actions are taken in the dining room to emphasise and promote the healthiest food options at lunch time? How are fruit and vegetables displayed at school?</i></p> |
| <p>c) The dining room is clean, attractive, and provides a positive dining experience</p> <ul style="list-style-type: none"> - Cutlery and crockery are used - Tables are wiped down between sittings | <p><i>How is a pleasant dining experience created and maintained throughout the lunch service? Please tell or show us what the physical layout of the dining room is like. Why does this work best and has it recently been reviewed? Are crockery and metal cutlery used?</i></p> |
| <p>Ethos</p> | |
| <p>a) A whole school approach is taken towards promoting healthy diet</p> <ul style="list-style-type: none"> - students, parents/carers, and staff are involved - staff adhere to same guidelines as students | <p><i>How is a whole school approach towards healthy eating taken in school? If you have one, you can provide a copy of your Whole School Food Policy.</i></p> |
| <p>b) Healthy lunch and snack policies are in place and are reviewed annually</p> | <p><i>Please provide your healthy lunch and snack policies.</i></p> |
| <p>c) There is a designated lead member of staff responsible for food in school and a food working group, and also a lead governor for food</p> <ul style="list-style-type: none"> - working group meetings should be held termly at a minimum | <p><i>Who is the lead member of staff for food and who is the lead governor? What is the structure of the food working group and how often do you meet? What are the outcomes of the meetings? You can submit agendas and meeting minutes to support your evidence.</i></p> |

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| - governor is invited to attend meetings | |
| Education | |
| a) SUGAR SMART in Schools awareness session has been undertaken - session has been attended by at least one key member of staff - messages and information have been relayed to rest of the staff | <i>How was the information from the session relayed to other staff?</i> Healthy Schools Advisor to check date of session. |
| b) Students are taught the importance of healthy diet, the effects of nutrition on physical and mental health, and how to read nutritional labels in lessons, PSHE, and through extracurricular activities | <i>Please tell us about how students are taught about the importance of healthy diet and the effects of nutrition on physical and mental health. How are students taught about label reading? What information is given in the curriculum and what is covered in PSHE and extracurricular activities?</i> |
| c) Students are taught to cook regularly in the classroom to meet curriculum guidelines (up to end of KS3) - recipes should be made healthier where possible | <i>Please provide details of your cooking timetable.</i> |
| d) A cooking club is offered to students - Healthy recipes promoted | <i>Can you tell us about your cooking club, who it is offered to, and what recipes are made?</i> |
| e) Growing produce is undertaken in school | <i>Can you tell us what you do to incorporate growing in school? Who is responsible for maintaining the produce? What happens to the produce that is grown?</i> |
| Engagement | |
| a) The school is registered as a SUGAR SMART participant | Healthy Schools Advisor to check registration. |
| b) The school council/equivalent is tasked with seeking the views of the school community relating to food provision and activities | <i>How are the views of the whole school sought about food that is provided by and allowed in school? How often is food an agenda item in meetings? Please submit a meeting agenda and minutes to support your evidence.</i> |
| c) Parents/carers are invited to share their opinions on food provisions and activities | <i>How are parents consulted about food in school and any changes that are made? What opportunities are there for parents to discuss food in school and nutrition with staff members?</i> |
| d) Parents/carers are invited to attend parent sessions that are held on food and nutrition topics (if required) | <i>Has any support been offered to parents regarding food/nutrition? If so, how often has this been offered and how has this been received?</i> |



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