Food Policy Planner

So, you’d like to take stock of the food situation where you are. This planner will take you through the steps needed to map out what’s happening, set some goals, make a policy to meet those goals and communicate that policy.

The aim here is to write and implement a policy that ensures all aspects of food and nutrition in your school, setting, service or workplace promotes the health and wellbeing including oral health of the children/young people / families / clients / staff in that environment. Primarily for oral health, this is achieved by reducing the consumption of sugary foods and drinks including the number of times sugar is consumed through the beneficiary’s day. To some extent you cannot be held accountable to the sugar they consume when not in your charge, however, you do have responsibility over how you allow sugar to be portrayed by authority figures in the setting. “The medium is the message” is the mantra here.

This is the plan. You will be encouraged to evaluate and improve the food and drink options available throughout the day and year. This includes not only regular meals like lunch and puddings but also special occasions where treats are shared, such as birthdays or celebrations.

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| Audit Current Practices |
| Identify when and how often sugary foods and drinks are provided or consumed.This could be during meals, snacks, or special events and food that is brought in from home.Type notes here… |
| Note all instances where food is given as a reward or celebration. Note if it is healthy or not.Type notes here… |
| Develop a Policy |
| Establish clear objectives to reduce the frequency and quantity of sugary/unhealthy foods and drinks.Type notes here… |
| Suggest healthier alternatives to sugary treats (e.g. fruit, yoghurt, or non-food rewards like extra breaktime, stationary, certificates etc.) or where necessary how they can be incorporated into or consumed straight after balanced meals.Type notes here… |
| Implement the Policy |
| Ensure all staff, students/clients, parents or other stakeholders are aware of the new guidelines and reasons behind them.Type notes here… |
| Regularly review the policy and its effectiveness. Gather feedback from students/clients, families and staff. Make adjustments as necessary. Type notes here… |
| Acknowledge and rewards teams, classes or groups that successfully adhere to the policy.Type notes here… |