



Food and Nutrition Strategy

For Anglesey Schools and Leisure Centres

Committed to improving the health and well being of children and young people, investment in the future of the Isle of Anglesey

Working in Partnership with



Introduction

Introduction from Jo Charles, Associate Director of Public Health - Anglesey and Gwynedd

I am delighted to support the launch of the Food and Nutrition Strategy for schools and leisure centres in Anglesey.

This is a key step in ensuring a healthier future for our children and young people. The benefits of a good balanced diet and a healthy lifestyle with regular physical exercise are well known. Yet the most recent studies for Anglesey show that at most only about 40% of us meet the recommended guidelines and that there is a worsening trend of obesity and overweight amongst children and young people on the island.

We now recognise that simply knowing the benefits of a healthy lifestyle is not enough and we also need healthy public policy, strong communities, a range of healthy choices and the skills to make use of the choices available. It is only through the combined efforts of school communities, parents, governors, policy makers and young people themselves that we can create the supportive environment in which health can flourish.

The development of this strategy is a product of those combined efforts, and is an important step forward in this key area.

Introduction from Richard Parry Jones Corporate Director Education and Leisure

It gives me great pleasure to support the Food and Nutrition Strategy for Anglesey Schools and Leisure Centres, which I regard as a significant development in the process of promoting our aims to ensure physically fit and healthy citizens for the future.

We aim to encourage our schools to work towards the Healthy School status, and many have already achieved this objective; by 2010 it is hoped that all schools in Anglesey will have gained this status. In our leisure centres we place an increasing emphasis on collaboration with our key partners to develop the fitness of Anglesey citizens of all ages and to change their attitudes, with a view that they take more self-responsibility for their health and physical development.

The Food and Nutrition Strategy, promoted in this document, is central to our planning process as we remain convinced that it is vital to set positive attitudes from an early age. The vibrant and effective partnership that formulated this Strategy is a clear statement of intent and reflects the priority that we attach to this area of activity. I would wish to see a wide and detailed consultation on this statement of intent and I hope it will stimulate schools and leisure centres, their workers and clients alike, to commit in earnest to its implementation.

The welfare and prosperity of our communities on the island depends, to a great extent on how successful we are in achieving the Strategy's aims and objectives. I am confident that we shall respond positively to the challenge.



Introduction • Statement of Intent

Introduction

Children need a healthy diet for normal growth and development. There are increasing concerns about what today's children are eating. Compared to recommended dietary guidelines, many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables

A healthy diet in childhood can help prevent a variety of problems, both in the short term (dental decay, anaemia, obesity and constipation) and later in life, as some adult diseases can start in childhood (coronary heart disease, some cancers, strokes and osteoporosis)

Key policies from the Welsh Assembly Government, Food Standards Agency and Isle of Anglesey County Council and others support and recommend the multi-agency approach to improve the health of the people in Wales. Areas of particular importance in the documents are nutrition, health and exercise for which targets and milestones have been set

- Better Health, Better Wales
- Food and Well Being
National Service framework for Children Young People and Maternity Services in Wales
- Isle of Anglesey Health, Social Care and Wellbeing Strategy
- Health Challenge Wales/Anglesey
- Wales, a Better Country
- Climbing Higher
- Making the Connections, Delivering Better Services for Wales
- Caroline Walker Trust, Nutrient based Standards for Schools
- Nutritional Standards for School Lunches NAFW

In Anglesey, schools are committed to improving the health and well-being of the children through the "Healthy Schools" scheme, which continues to be very successful. This strategy acknowledges the good work already done and highlights key steps for a healthy future

Statement of Intent

The Isle of Anglesey County Council (IACC) in partnership with the Anglesey Local Health Board (LHB) and the National Public Health Service (NPHS) seek to assist and enable schools to promote a healthy attitude to food and nutrition. Delivery is through a broad health education curriculum supported by the environment ethos of the school and continuing the message in leisure centres

The objective is to "make every school a healthy school", where health promotion and awareness is integrated into school life as part of a drive to improve health and educational standards

For schools this can be achieved by establishing working partnerships between statutory and voluntary groups, teachers, parents, governors and pupils, involving the wider community and by:

- Establishing a clear whole school policy with a unified approach to ensure co-ordination and consistency with targets and objectives
- Devising an action plan, as part of the "Healthy Schools Scheme" for the delivery of food, nutrition and health within the curriculum. To include school meals service, drinks and vending, tuck and snack provision and food safety in schools
- Liaising with Leisure Centres to ensure a whole campus food and health policy
- A holistic approach to locally grown food should be demonstrated in schools, both within the curriculum and by the procurement services

✓ **Fruit Tuck shops**

✓ **Think Water**

✓ **Healthy Vending**

✓ **Milk is cool!**

✓ **Working in Partnership**

✓ **Listening to children and young people**



Aims of the Strategy

School Objectives



Implementation

It is recommended that this document is implemented by Head Teachers and Governing Bodies who have day to day responsibility for the delivery of the educational programme, including nutritional education, skills and personal development as part of the programme.

In order to achieve this, schools will be supported on all aspects relating to food and health by National Public Health Service, Anglesey LHB, through the Calon Lân Dietitian, Gwynedd Commercial Services (school meals service provider) and IACC education and leisure officers, to identify and disseminate good practice, highlight successes and address problems.

Aims of the Strategy

Supporting schools by:

- Working towards a whole school approach to food, nutrition and health
- Promoting education for sustainable development
- Promoting nutrition education within the national curriculum
- Promoting food safety/hygiene in schools
- Making healthy choices available and motivating pupils to incorporate healthy choices within their diets in the following areas:

- School meals
- Tuck shop and snack provision
- Drinks and vending

School Objectives

- All schools should be part of the Healthy Schools scheme by 2010.
- All Key Stage 1 (KS1) pupils continue to have access to the Welsh Assembly Government's free milk scheme
- Milk to be made available to KS2 pupils in all schools through the catering service
- Milk vending to be encouraged in school restaurants
- All schools should work towards developing a Healthy School Policy to incorporate all the key

messages within this Strategy. This policy is to include providing and promoting healthy tuck food and drink from the Food Standards Agency (FSA) Target Nutrient Specifications by September 2006

- Food in leisure centres will also follow this Strategy to give a consistent message
- All schools to provide pupils with easily accessible, freely available fresh drinking water throughout the day by September 2006, either from water fountains or a dedicated sink with a tap which is kept for drinking water only and is away from the toilet areas. It is recommended that schools adopt the water bottles on desks scheme
- A no vending policy in all primary schools
- A no vending or healthy vending only policy in secondary schools and leisure centres.
- Nutritional and food safety topics should be included in a cross curricula way through schemes of work as in the ACCAC guidance document 'Food in the School Curriculum in Wales'

<http://www.accac.org.uk/eng/content.php?cid=3&ps=1>

- The 'Balance of Good Health' to be used as a basis of nutritional education and displayed in dining halls. **Meals served should contain a balance of Carbohydrate, vegetables fruit and protein. Efforts should be made to ensure that pupils' choices reflect this balance.**
- Menus to be displayed in advance in dining hall and main reception area
- No salt on tables
- Pupils are to be encouraged to take school meals. If packed lunches are chosen, schools to encourage the provision of healthy lunchboxes through the curriculum and communication with parents
- Healthy foods should be first in order of serving. Reduce frequency of less healthy foods

School Objectives

Objectives of Catering Service

To ensure supportive environments and consistent messages:

- Vending machines in secondary schools and leisure centres to provide low fat, very low sugar food and drinks items that are also very low in or free from artificial additives, by September 2007
- Schools to implement a monitoring system for the enforcement of off campus rules to support the catering service and healthy eating policy and for food brought into school
- Catering staff should liaise with School Councils on an annual basis to provide a customer focussed approach regarding food choices
- To avoid providing mixed messages in relation to diet and physical activity, promotional campaigns that encourage children to consume foods that are high in fat, sugar or salt should not be supported. School staff and teachers should set a good example
- Schools, together with the catering service should prepare annual reports and updates for governing bodies to show progress in line with this strategy
- If changes from the published menu are made, reasons should be provided to the Catering Manager and Head Teacher
- Promote healthy eating options daily and through special promotional events linking with school staff and the curriculum to provide a combined approach. Increase fruit and vegetable content of meals
- Pupils should be allowed sufficient time to eat
- The catering service provider to continue to liaise with school staff, pupils, school senior management and Education and Leisure Services of The Isle of Anglesey County Council, to provide a consistent customer focused holistic approach to food, drink and vending provision
- Written and verbal instructions regarding the essentials of food hygiene to be made available to all first time food handlers before starting work and available for all food handlers
- All food handlers who prepare open high risk foods will be trained to a level equivalent to the Chartered Institute of Environmental Health Level One Food Hygiene.
- All managers and supervisory staff will be trained to a level equivalent to the Chartered Institute of Environmental Health, Level Two Food Hygiene.
- All supervisory staff to commence nutritional training by September 2006. Nutritional training to be continued in a rolling programme

Catering Service Objectives

- To refer to Caroline Walker Trust "Eating Well at School" 2005 and FSA Target Nutrient Specifications for guidance
- To implement a pricing system that encourages the selection of healthy foods as far as possible by September 2007, a small increase in price on less healthy foods should be made to subsidise lower prices on healthier foods
- Reduce the amount of fat, sugar and salt in foods prepared on site and reduce the amount of processed foods in the menu through a phased programme by September 2007. This should apply to all catering contractors
- Healthy cooking and nutrition training to be provided for school catering staff
- Maximise the opportunity for procurement from local Anglesey suppliers within the legislative, financial and practical constraints
- A bilingual link in the Isle of Anglesey County Council website by September 2006 giving primary and secondary menus indicating the current week
- The catering services to consult with the Anglesey LHB Dietitian and the Healthy Schools Officer for the school menu planning for all nutritional aspects of school food provision



Catering Service Objectives

Implementation Leisure Centre Objectives

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With Acknowledgement to Pembrokeshire Local Health Board and Lynne Perry
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- All menus to comply with the Welsh Assembly Government's "Standards for School Lunches" and the Caroline Walker Trust "Nutrient Based Standards for Schools 2005"

- The catering service to develop a system of monitoring with schools to ensure the "Standards for School Lunches" is met

Implementation

- A core team from schools, leisure, NPHS, Anglesey LHB, Dietitian, any other relevant organisation and School Meals Service will meet regularly to facilitate implementation of the strategy.

Leisure Centres Objectives

Food and Fitness

The Strategy for School Sport and Health Related Exercise (September 2005) links with this strategy and guidance and should be used in conjunction for a consistent approach to food and fitness

- Leisure services to liaise with schools senior management and the Catering Service to provide a consistent approach to food vending policy

- Fresh drinking water to be available in Leisure Centres

- Isle of Anglesey Leisure services are fully supportive and will ensure a consistent approach to food and drink vending by linking with food and health policies and guidance.

- Vending machines in Leisure Centres to provide lower fat, very low sugar food and drink items that are also free from or very low in artificial additives, in a phased programme by September 2006

- Leisure centre cafes to offer healthy food choices

- The "Balance of Good Health" to be displayed in all leisure centres

- Healthy cooking and nutrition training to be provided for leisure centre catering staff

A supportive guidance document is available to assist in implementation, which includes background information, action plans, example policies and lists of resources and contacts

