

Food4Life Schools Award Criteria



Tameside and Glossop
Integrated Care
NHS Foundation Trust



What do I need to do to get the award?

Below is a guide to demonstrate what your school will need to be doing to achieve each level of the Food4Life award. The award is assessed on a point scoring basis and so it may be that if your school is doing a selection of things from each tier you may be at a higher level than you think! Also just taking part in the Food4Life award will score you points on the government's Healthy Rating Scheme and we are able to help you to score even more by providing free training, checking your menus comply with school food standards and helping to promote healthy packed lunches. Our team are here to help you improve the health of the children in your school and our role is to assist you whether you are just starting out or a gold standard school. Please contact our team to book a meeting with one of our Nutrition Advisors to find out what level you are currently working at and to find out about the support you can receive to move through the levels.

BRONZE

- ❖ One member of staff needs to have completed a Children's Nutrition Team Course within the last 2 years. Please ask a member of our team for details of available training sessions.
- ❖ Healthy eating must be promoted throughout the school.
- ❖ The school needs to have an up to date Food and Lunchbox Policy which is available to view on the website.
- ❖ If there is a breakfast club the food provided must meet the school food standards.
- ❖ Snacks provided by the school must meet school food standards and healthy snacks should be promoted.
- ❖ There are some restrictions on unhealthy food in place for children on packed lunches.
- ❖ The school should be actively promoting the uptake of school meals and catered lunches must meet the school food standards (we are able to check these for you).
- ❖ If there are any after school clubs then the food provided must meet school food standards.
- ❖ Birthday treats and rewards are permitted however the items should be given to the children at the end of the day to consume at home.

SILVER

- ❖ Two members of staff need to have completed a Children's Nutrition Team Course within the last 2 years or one member of staff has completed 2 courses. Please ask a member of our team for details of available training sessions.
- ❖ Healthy eating must be promoted on newsletters, parent update letters and on displays within the school.

- ❖ The school needs to have an up to date Food and Lunchbox Policy which is available to view on the website.
- ❖ If there is a breakfast club the food provided must meet the school food standards.
- ❖ Snacks provided by the school must meet school food standards and healthy snacks should be promoted.
- ❖ There are some restrictions on unhealthy food in place for children on packed lunches and healthy packed lunches are celebrated.
- ❖ The school should be actively promoting the uptake of school meals and catered lunches must meet the school food standards (we are able to check these for you). No seconds should be given on desserts.
- ❖ If there are any after school clubs then the food provided must meet school food standards.
- ❖ Birthday treats and rewards are permitted however the items should be given to the children at the end of the day to consume at home.

GOLD

- ❖ For a new award one member of staff has completed a Children's Nutrition Team 6 week course within the last 2 years. If renewing then two members of staff need to have completed a Childrens Nutrition Team Course within the last 2 years or one member of staff needs to have completed 2 (providing the staff member who received the 6 week training is still based at the school). Please ask a member of our team for details of available training sessions.
- ❖ Healthy eating must be promoted on newsletters, school website, parent update letters and on displays within the school. Specific events are run within the school to promote health such as assemblies, health weeks etc.
- ❖ The school needs to have an up to date Food and Lunchbox Policy which is available to view on the website.
- ❖ If there is a breakfast club the food provided must meet the school food standards. A physical activity session is provided as part of the club.
- ❖ Snacks provided by the school must meet school food standards and only healthy snacks should be permitted if brought from home.
- ❖ For children on packed lunches only one treat is allowed per lunchbox and any additional treats are taken home at the end of the school day.
- ❖ The school should be actively promoting the uptake of school meals and catered lunches must meet the school food standards (we are able to check these for you). No seconds should be given on desserts. Lunchtime staff have received 1 hr training session from Children's Nutrition Team.
- ❖ If there are any after school clubs then the food provided must meet school food standards.
- ❖ Birthday treats and rewards are actively discouraged and where edible treats are brought in they are given to the children at the end of the day to consume at home. Regular reminders are sent out in advance with suggestions of non-edible alternatives.