

Food & Drink

What do we do?

- Our allotments - own produce grown & used in teaching and learning sessions & school dinners. Any surplus plants are sold either in front of school, this is also true of any surplus vegetables. The money is put back into the allotments to buy seeds, compost etc.
- Our fruit - eating & cooking apples, cherries, plums, pears, black & red currants, strawberries, raspberries, rhubarb are sold, pickled or eaten!
- The school runs a free breakfast club from 7.30-8.45am where children have a choice of healthy foods and take part in activities.
- Water - all the children are encouraged to drink water. They either bring a bottle from home or the school has usable bottles for sale. The children have access to clean water every day. As we have a grey water system any waste water is used for flushing the toilets.
- The children create posters reminding everyone to turn off taps.
- Sweets & chocolate are banned at break and the children are encouraged to either bring a healthy snack or buy one from the daily tuck shop.
- Mundy Junior was successful in obtaining Healthy school status in 2009 and contain to maintain this.
- We run a cookery club in school through Phunky foods. Mrs Bradley runs this during a lunchtime and it is very popular, with children learning about healthy alternatives and how to cook them.

Next steps

- To look at use of Fair trade or alliance goods in school.
- Continue to develop the variety of fruit & vegetables grown to give the children a greater variety of experience
- Waste less food. Target the waste at the end of a lunch time. Encourage the children to take only what they can eat.
- To continue with the children lead menus, parent to dinner days.