

# A STAFF MEMBER'S GUIDE TO: Food in Guernsey Schools (FIGS) Policy Directive

## What is FIGS?

The FIGS Policy Directive is a commitment from the Committee for Education, Sport and Culture to create and support a healthy nutrition culture in States education establishments.

## What does FIGS mean for me as a staff member?

### Curriculum

Teaching that covers healthy eating needs to be based on the **Eatwell Guide**. Wherever possible, practical opportunities are encouraged, particularly to develop skills to prepare nutritious food.



### Rewards

To **help develop and support a positive relationship with food**, rewards for good behaviour, achievement, incentives and treats etc. should not involve food.

### Role Model

Recognising **the impact of role modelling**, staff are encouraged to support positive nutrition among students through their own behaviours.



### External Providers

When external providers and support agencies visit school or College, staff are asked to make sure those visitors **work within the Policy too**.

### Extra-curricular

School clubs, including breakfast and after-school clubs and those provided by commissioned services, **need to work within the Policy**, including providing food that meets the Standards.



### Parties, Fundraisers

To **demonstrate your education establishment commitment to supporting consistent, healthy behaviours among students**, fundraising committees need to be encouraged to choose opportunities that promote good health and nutrition. Food at regular events (monthly or more) needs to meet the Standards. Healthy options need to be available at less frequent events.



## Can I get help on implementing this?



Yes. The Health Improvement Commission can offer support.  
Please get in touch: **hello@healthimprovement.gg**



The Health Improvement Commission