



CARE – Prepare – Believe
'I can do all things through Him who strengthens me'.
Philippians 4:13

Food Policy

May 2025

Introduction

In our school we are committed to giving our pupils, staff and visitors consistent and coherent messages about food and its role in their long-term health. We help the children understand the importance in making the correct choice about food, both with their behaviour and attitude to it in and out of school. Through our school ethos we promote a healthy environment as we believe that what the children eat and drink affects their ability to learn.

The Department for Education has produced a food plan in light of the Universal Infant Free School Meals (UIFSM) programme and reference should be drawn to this.

Objectives

As a school our intended outcomes of a Food Policy are:

- To ensure that we are giving consistent messages about food and health.
- To give our children the information so that they can make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential for their ability to learn as well as for their long-term health.
- To promote health awareness.

Guidelines

We will meet these objectives in a variety of ways and we will promote healthier food choices throughout the day.

Breakfast Club

As a school we understand the importance of having a balanced breakfast to start the day to help the children concentrate at school. We offer a breakfast club to our children where they receive a variety of options to choose from.

Break Times

All our children in Foundation Stage and Key Stage One benefit from the National School Fruit Scheme, which entitles the children to one free piece of fruit a day. Our KS2 children are also encouraged to bring healthy snacks of fruit or vegetables to eat at play times.

School Milk

Children under the age of 5 receive a free carton of milk each day at morning break. All Free School Meal (FSM) children (where the school claims a Pupil Premium) are entitled to a free carton of milk daily and all parents have the option of ordering milk each day at a cost to themselves. (www.coolmilk.com)

Lunch Times

Schools are legally required to provide meals that comply with the School Food Standards. The DfE proposed a simplified set of food standards which came into force in January, 2015. (School Food in England – January 2015, updated August 2021 and February 2025)

The School Food Plan states: (<http://whatworkswell.schoolfoodplan.com>)

'Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers. These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.'

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients. Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.'

Our school dinners are cooked in our own school kitchen by our school cook, who follows the ISS nutritional recommendations. Our aim is to provide our children with good quality, healthy food and we actively promote healthy food choices. Fresh fruit and vegetables are an option for the children each day. Seasonal menus are provided and these are on display around school for the children and there are links on the website for parents to view. Parents are encouraged to talk to their children about the menu choices and to pre-order.

Many children bring packed lunches into school to enjoy in our dinner hall with the rest of the school. However, this is not seen as a 'better' option. Consequently, to encourage the parents and children to have healthy options in their lunch boxes guidelines are given in our Parent Handbook. Newsletters often provide reminders about the healthy eating we promote at our school.

Implementation and Monitoring

The kitchen staff, led by the kitchen Manager, is responsible for ensuring that the food served is of a high quality and that it represents a healthy diet. This is in line with ISS Catering regulations. The food policy will be monitored by the Senior Management Team and the PSHE Co-ordinator to review changes as they occur.

Water in the School

All children in the school have free access to water throughout the day. All children are encouraged to bring a drinking bottle so they can access the drinking water freely. In our school dining room, all children have access to jugs of water with their meals.

Food Across the Curriculum

Throughout the school curriculum there are a number of opportunities to discuss and share ideas of healthy food and to develop knowledge and understanding of having a healthy diet.

In science lessons the children are given the opportunity to learn about the different types of food available to us, the nutrition and the effect and benefit different food has on our body. Linked with this the children are taught to understand the importance of exercise and how our body responds to this.

Food Technology is an area of Design and Technology that helps the children to understand the importance of food preparation and hygiene. Pupils also design their own food packaging.

Religious Education gives the opportunity for the children to be aware of the importance of different foods in different religions and festivals. We also give the opportunity for the children to taste the food from other cultures.

PSHE is another subject where the children learn to take responsibility for their own health and lifestyle. This subject also gives the opportunity to talk about issues such as body image.

UIFSM and Pupil Premium

See DfE document: Universal Infant Free School Meals: guide for local authorities and schools, January 2015 update June 2022. From September 2014 schools have a legal duty to offer a free school lunch to all pupils in Reception, Year 1 and Year 2. Take up of free school meals by infant pupils is not mandatory. Schools have the freedom to set their own policies in relation to packed lunches.

FSM eligibility criteria and Pupil Premium funding will not be affected by UIFSM.

Other useful guidance: -

School Food Plan's UIFSM Toolkit

Children's Food Trust Website info@childrensfoodtrust.org.uk

School Food Plan – A Checklist for Headteachers