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WHOLE SCHOOL FOOD POLICY



Aims and objectives of the policy

This school actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis. Providing nutritious and healthy food demonstrates our love for ourselves and others.

The main objectives of our Food Policy are:

- Ensure that we are giving consistent messages about food and health
- Have a planned curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet
- Ensure a welcoming eating environment that encourages the positive social interaction of pupils: promoting healthy eating, and adequate time available to eat their food, non-stigmatisation of FSM pupils.
- Ensure a school lunch service that meets or exceeds current Government Nutritional standards
- Ensure there is easy access to free drinking water in school
- Ensure lunch time food brought in from home is healthy and nutritious
- Provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables
- Provide parents with information about healthy eating

Roles and Responsibilities:

Governors

As part of their general responsibilities for management of the school, the governors have played a key role in the development of the school's policy for food. They will continue their involvement through regular evaluation of the policy.

Senior Leadership Team

The Headteacher takes overall responsibility for this policy and its implementation and for liaison with the governing body, parents /carers, catering services and appropriate outside agencies. All communications to parents/carers regarding food should be overseen by the Headteacher and be consistent with the school's food policy.



Parents / Carers

Parents and Carers are encouraged to support the healthy provision of food within the school programme and have access to this policy on the school website. The school plays its part in ensuring that parents are kept up to date in developments regarding healthy food provision.

Pupils

Pupils have an entitlement to healthy food. They will be actively consulted about the food provision within the school through the School Council and their views will be central to developing that healthy provision.

All Staff

All staff both teaching and non-teaching should be aware of the policy and how it relates to them. Any staff involved in practical food education should have opportunities for relevant training including diet, nutrition, food safety and hygiene as need is identified.

Visitors and Outside Agencies

Where visitors and outside agencies are involved, their contribution must have been planned as part of an overall programme of food and healthy lifestyles education, ensuring that all visitors use current dietary thinking and good practice as the basis for their input i.e. the balance of good health. It is the schools' responsibility to ensure that all relevant visitors are made aware of the schools Food Policy.

Food in School

Breakfast Club

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. Food provision at breakfast club complies with the School Food Standards. The breakfast menu includes:

- A selection of cereals with higher fibre and low or medium sugar content.
- A range of fresh fruit such as apples, pears and bananas.
- Toast with spread, jam or honey
- Milk

Morning Snacks After School

The school is participating in the School Fruit & Vegetable Scheme, and provides all children aged between 4 and 6 with a free piece of fruit or vegetable each school day.

KS2 children are invited to bring in a morning snack of fruit or vegetables.



Children are seated when eating snacks and can join in play once they have finished eating.

School meals

North Yorkshire County Caterers have their own Food Policy. More information can be found here [School meals | North Yorkshire Council](#)

Packed lunches

The school will provide facilities for pupils bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. Guidance will be taken from the British Nutrition Foundation. The school will work with the pupils to provide attractive and appropriate dining room arrangements.

- Pupils and parents are advised to bring packed lunches in insulated bags and may use freezer blocks, for health and safety reasons. (There is no fridge space in school.)
- We encourage families to include a balance of the following:
 - **Fruits and vegetables** – fresh, chopped, or dried
 - **Whole grains** – such as wholemeal bread, wraps, or pasta
 - **Protein** – like lean meats, eggs, beans, or cheese
 - **Healthy snacks** – such as yoghurt, rice cakes, or homemade muffins
 - **Water** – the best drink for hydration
- Parents are requested to avoid sugary drinks, chocolate bars, and crisps where possible. While occasional treats are fine, a nutritious lunch every day makes a big difference to your child's health and concentration.
- We ask that children do not have nuts in their packed lunches as we have children in school with nut allergies.
- It is requested and monitored that grapes/olives and other round foods, including sausages are cut in half lengthways to minimize a choking risk. For more information please see the Early Years Food Choking Hazards table by following this link [PowerPoint Presentation](#)
- Pupils can bring only water to drink in school.
- Any food left in lunchboxes will be sent home.
- There should be no swapping of food between pupils for health and safety reasons.
- Pupils should not bring in nuts due to food allergies.
- Seating arrangements – pupils sit with their friends

Water

- The school will encourage pupils to drink at frequent intervals throughout the day to help maintain adequate hydration levels.



- Pupils will be allowed access to water bottles.
- Free, fresh water will be available to all pupils throughout the day.
- Pupils are encouraged to have a named water bottle in school at all times.
- Water will be freely available at lunchtime.
- Hygiene – encourage water bottles to be taken home daily to be washed.
- After physical activity and during hot weather, pupils will be encouraged to drink more water.
- The water bottles must contain only water.

Special Diets

The school office will provide a Special Diet 1 (SD1) form to complete and return to to start the special diet registration process. Medical diets will require a letter from a doctor or dietician.

Manufacturers are required by law to highlight if any of the food products they supply to us contain any of the 14 main allergens as an ingredient:

- celery
- cereals containing gluten – including wheat such as spelt and Khorasan, rye, barley and oats
- crustaceans – such as prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs – such as mussels and oysters
- mustard
- tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- peanuts
- sesame seeds
- soybeans
- sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)

We can discuss catering for special diets including diabetic, vegetarian and vegan, religious and cultural diets.



Cooks and catering managers are fully trained and updated in a range of special dietary management. They are supported with expert advice from our Technical Team, Nutritionist and wider network of accredited professionals.

Curriculum

This whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE), Design and Technology (DT) and science curriculum.

- Pupils will have opportunities to help cook and prepare food
- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of self-care
- Healthy eating will form part of the school curriculum.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All pupils will learn and apply the principles of food hygiene.
- Pupils will learn and apply the principles of a balanced diet and how diet affects health.

Rewards / prizes / parties / charity events

These will, as far as possible, aim to support the consistent healthy food messages that we have throughout the curriculum.

The school is aware, however, that the present Food Trust Standards do not apply to: Parties or celebrations to mark religious or cultural occasions and fundraising events, food used in teaching food preparation and cookery skills (provided that any food prepared is not served as part of a school lunch).

Sweets are not shared as rewards.

To celebrate birthdays, the school requests that children do not provide cakes or sweets to share, but, if desired, share something else such as bouncy balls, badges or stickers.

Monitoring and evaluating the policy

This policy will be formally reviewed every three years by the Governing Body. This will include evaluation of teaching and learning activities, staff training and the use (if any) of outside visitors and the monitoring of pupil's food choices to inform policy development and provision.