

Old Clee Primary Academy

'Inspired to Believe, Learning to Succeed'

Whole School Food Policy



Approved by: Headteacher

Date: Autumn 2025

Last reviewed on: N/A

Next review due by: Summer 2026

Aims, purpose and responsibility

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

Why children need to eat well

- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/whykids-need-to-eatwell/>

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why a policy is needed?

At Old Clee Primary Academy, we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We aim to ensure that healthy food and drink is provided, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating.

We aim to

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm

- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices
- Be a role model for healthy eating
- Encourage healthy choices
- Use a range of opportunities to promote healthy eating

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices: The subject leaders for PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and planning. Kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents receive the menus and they are available on the school website. This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

Food in the curriculum

Food, its production and preparation are an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking skills in line with the new national curriculum, developing their understanding of food related issues including food hygiene and safety issues.

This policy will contribute towards other policies in the following ways:

Behaviour: Children who eat healthily are more focussed on their work and behaviour is better

PSHE: Healthy food and choices and practical food education is included in the curriculum

Science: Healthy eating and nutrition is part of the science curriculum

Enrichment: Hands on opportunities for children to prepare and cook food within a mixed age social group

Equality: We take account of the needs of all our children, including those with disabilities and allergies

Curriculum assessment

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and enrichment.

1. Food and Drink Provision Throughout the Day

1.1 Food Standards for Schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfast, mid-morning snacks, lunch and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information, please refer to:

- The DfE Standards for School Food in England
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DfE School Food Standards – Resources for schools including a practical guide, checklists, portion sizes and allergy information
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>
- DfE Early Years Foundation Stage Statutory Framework – July 2025
https://assets.publishing.service.gov.uk/media/68c024cb8c6d992f23edd79c/Early_years_foundation_stage_statutory_framework_-_for_group_and_school-based_providers.pdf.pdf
- DfE Early Years Foundation Stage nutrition guidance May 2025 -
https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

1.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

Breakfast is served from 7:30--8.20am and we provide the following foods/drinks:

- Low sugar cereals
- Toast/bread including wholegrain varieties
- Low fat spread
- Fruit
- Semi skimmed milk
- Water

For information on the school food standards for breakfast (and all other meals outside of lunch) please refer to:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Schools cannot provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

1.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit should not be offered as a snack and should only be offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in EYFS/KS1 to one piece of fruit and/or vegetable per day.

Milk is provided free for under-fives .

We provide the following snacks:

- Fruit and vegetables are provided for EYFS and KS1 at breaktimes
- KS2 are encouraged to bring in fruit or vegetables at breaktimes
- No other snacks are provided for our pupils at any time in the school day

For more information on snack guidelines for schools please refer to:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on no more than two occasions each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

1.4 School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Chartwells. All our lunch menus include a range of healthy, quality ingredients and we ensure to make the choice of meals appealing for all pupils. All our lunches address cultural, religious and special dietary needs including food allergies and medical conditions

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)

- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

1.5 After school clubs

At afterschool club the provision offers a variety of snacks: fresh fruit, toast, a range of cereal, yoghurts. Along with water. Parents/Carers have the option to provide their child with a packed lunch if they wish.

Schools cannot provide the following foods for after school club

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

For information on the school food standards for after school clubs please refer to:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

1.6 Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for children at breakfast.

Other than provision once per day of milk, as required by the School Food Standards, we are currently operating as a 'water only' school.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

2. Early Years

3.1 Safer Eating

- Whilst children are eating there should be a member of staff in the room with a valid paediatric first aid certificate. Children MUST be within sight and hearing of staff whilst eating.
- Before a child starts at Old clee we must obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has. This MUST be shared with all staff preparing and handling of food.

3.2 How to reduce the risk of choking (<https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety>)

Food Safety Advice for Children aged 5 and under

Children can choke on any food. To minimise the risk of choking :

- remove any stones and pips from fruit before serving
- cut small round foods (**like grapes, strawberries and cherry tomatoes**) lengthways and into quarters
- cut large fruits (**like melon**) and hard fruit or vegetables (**like raw apple and carrot**) into slices instead of small chunks
- do not offer raisins as a snack to children under 12 months (they can be chopped up as part of a meal)
- cut sausages into thin strips rather than chunks and remove the skins (sausages should be avoided due to their high salt content)
- remove bones from meat or fish
- do not give whole nuts to children under five years old
- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- consider whole meal or toasted bread as white bread can form a doughy ball in the throat, and cut all types of bread into strips for very young children
- do not give children popcorn as a snack
- do not give children marshmallows or jelly cubes from a packet, either to eat or as part of messy play activities, as they can get stuck in the throat
- do not give children hard sweets

When a child experiences a choking incident that requires intervention, providers should record details of where and how the child choked and ensure parents and/or carers are made aware. The records should be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action should be taken to address any identified concerns.

All staff involved in preparing and handling food MUST receive training in food hygiene.

You should avoid:

- making children finish everything on their plate or eat more than they want to offering rewards to children for finishing everything on their plate (e.g. stickers or dessert).

- EYFS staff will check children's lunch boxes to ensure that fruit and vegetable are cut appropriately following the guidance and check for potential allergens ie: nuts, chocolate spread.

3. Menu Development and Consultation

Our academy engages with Chartwells before implementing any menu changes.

4. Food and Drink brought into school and parent engagement

4.1 Packed lunches

Packed Lunches

Aim

We promote healthy and nutritious food and this extends to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. We ask the lunches provided from home are balanced and we signpost parents to the School Food Standards.

We ask that packed lunches do not include:

- Fizzy, sugary drinks
- Nuts (we are a nut free school)

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual plan. Staff are trained to recognise and manage allergic reactions.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. In warm temperatures, it is advised that an ice pack is included in the food container. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

We encourage parents to provide healthy well-balanced packed lunches.

For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat

- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:
<ul style="list-style-type: none"> - Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat - Oily fish at least once every few weeks (e.g. sardines, salmon) - Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties - A dairy product - milk, cheese and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified - Water or milk (semi-skimmed or skimmed) as a drink

LIMIT:
<ul style="list-style-type: none"> - Processed meat products such as sausage rolls, pies, sausages etc - Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack - Fruit juice: no more than 150mls per day

DO NOT INCLUDE:
<ul style="list-style-type: none"> - Sweets and chocolate - Sugary soft drinks

For more information and practical tips for children aged 5 years and above:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

5. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead, we encourage the following:

- On school trips, pupils bring healthy packed lunches in line with the guidance.

6. Special Dietary Requirements

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances ([guidance here](#))
- People with medical conditions where dietary needs are impacted

Staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirement.

7. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Children line up quietly and enter the hall in small groups
- Children who have school meals and packed lunches are seated together
- The menus are displayed and posters are displayed for special events

8. Water for all

During school meal times drinks which comply with the School Food Plan guidelines may be consumed, i.e. water, low sugar fruit juice and milk. Children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

9. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- We provide safe and hygienic facilities to prepare and store all our food
- We complete regular staff training and ensure that risk assessments and hazards are identified.
- Catering staff food have completed Level 2 food safety certification

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Cooking and nutrition is taught across each key stage in PSHE, science and DT

For more information please refer to:

- Design & Technology -

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

- Science –

<https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>

- Health Education -

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

11. Monitoring and Evaluation

SLT, School Governors and the Healthy Schools lead monitor and review this policy, including all menu provision, annually.

12. Policy Review

This policy will be reviewed annually.

Effectiveness of the policy will be assessed through:

- feedback from staff, pupils and parents/carers
- review of the policy by SLT and governors to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

Ratification

Date ratified by the Headteacher: Autumn 2025

Date of last review: N/A

Next review date: Summer 2026

Signed by Headteacher:

Date: 23rd September 2025