



Whole School Food Policy

Earlham Primary School

Approved by:	Local Governing Board	Date: Sept 2025
Last reviewed on:	Sept 2025	
Next review due by:	Sept 2028	

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parents 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.

2. The School Food Plan

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 breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The school food standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fundraising events
- Rewards for achievement, good behaviour or effort
- Use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- Food provided on an occasional basis by parents or pupils

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021)
<https://www.gov.uk/government/publications/standards-for-school-food-in-engl-and>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated 2021)
<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/>

3. Food Provided by the School

a. Breakfast Club

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

We provide the following foods/drinks at breakfast

- A selection of low sugar cereals.
- A variety of different types of bread including wholegrain varieties.
- Semi-skimmed milk for drinking or with cereal and low fat (and lower sugar) dairy products such as yoghurt (lower in fat and sugar, plain and unsweetened) or cheese.
- Sugar - free fruit juices

b. 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 for children to have 1 of their 5-a-day, as well as include other important nutrients in their diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables. The Government's school fruit and vegetable scheme entitles all children in EYFS to one piece of fruit and / or vegetable per 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: chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionery: such as sweets, fudge, sugar-coated products)

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

c. School lunches

The school lunches meet the statutory school food standards. Lunch is served at 12:30pm and is provided by: The Pantry

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

The school ensures that the lunches meet the statutory school food standards, address cultural, religious and special dietary needs

including food allergies and medical conditions there is an annual external catering audit that ensures that food standards and food quality are adhered to, and the fact that the Trust Lead for Procurement holds regular contract monitoring meetings where any issues of quality or non compliance are raised.

d. 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 least once a day in addition to before and after school clubs.

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.

Food and Drink brought into school and parental engagement

e. Packed lunches

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 meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:
- Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat, poultry, fish and non-dairy protein e.g. pulses - 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 for children aged 5+, any dairy alternatives should be unsweetened and fortified - Water or milk (semi-skimmed or skimmed).

LIMIT:
- Processed meat products 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 (restricted to children aged 5+)

DO NOT INCLUDE:
- Salty snacks such as crisps, nuts etc - Sweets and chocolate - Sugary soft drinks

For more information and practical tips for children aged 4/5 years and above:
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

4. 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:

- To ensure that food provided at events and school trips is healthy and well balanced
- To celebrate birthdays by wishing the pupils happy birthday and parents/carers not to bring cakes/sweets to school.
- During special occasions / cultural events / celebrations e.g. providing a list of healthier food options as suggestions for parents on the type of foods they can provide.

5. 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:

- 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 the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Allergy Awareness training

6. 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.

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>

In delivery of this, Earlham will:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
- Address it through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.

- Ensure that staff understand their role of promoting healthy eating messages in the school environment e.g. that all staff are informed about the policy, are given sufficient training so that they can teach and work effectively with pupils, liaise with external agencies and caterers, monitor teaching and learning about healthy eating, and act as positive role models.
- Monitor pupils' learning.
- For EYFS – provide opportunities to explore food with their senses, planting and growing food and cooking e.g cress, tomatoes, herbs, runner beans

7. Monitoring and Evaluation

- We seek the views of pupils, parents and staff through discussion and surveys and monitor the uptake of school meals, food choices, packed lunches and the healthy eating curriculum.
- The SLT, Governors and PSHE subject leader are responsible for ensuring that this policy is implemented and maintained.
- It is the responsibility of the Care and Communication committee to ensure that this policy is monitored and reviewed every three years or sooner if the need arises.