

Barkisland CE (VA) Primary School



Food Policy

1. Introduction and Purpose

This policy outlines the school's approach to food provided, consumed, and managed within the school environment. It aims to promote healthy eating habits, ensure food safety, address dietary requirements, and create a positive food culture that aligns with the school's vision: "We believe, we nurture, we succeed" and values: Believe, Aspire, Respect, Koinonia, Inclusive, Success, Love, Achieve, Nurture, Dream. This policy is designed to support the well-being of all pupils and staff.

2. Scope

This policy applies to all members of the school community, including:

- Pupils
- Staff (teaching and non-teaching)
- Parents/Carers
- Governors
- Volunteers
- Visitors
- Catering staff
- Kids Club Staff
- Holiday Club Staff

It covers all aspects of food within the school, including:

- School meals
- Packed lunches
- Snacks
- Breakfast Club
- Kids Club
- Holiday Club
- School events (e.g., fairs, celebrations)
- Cooking activities in the curriculum
- Food rewards and incentives

3. Legal and Regulatory Framework

This policy is informed by and compliant with the following legislation and guidance:

- The School Food Standards (2014): Sets mandatory standards for all school food in maintained schools.
- Food Information Regulations 2014 (allergen labelling): Requires clear allergen information for all food provided.
- Food Safety Act 1990: Ensures food is safe to eat.
- The Children and Families Act 2014: Addresses the needs of pupils with SEND, including dietary requirements.
- Guidance on healthy eating from Public Health England.
- Department for Education guidance on school food.

4. Roles and Responsibilities

- The Headteacher has overall responsibility for the implementation and monitoring of this policy.
- The Governing Body are responsible for approving and reviewing the policy.
- The Office manager with the catering team are responsible for managing catering purchases compliance with food safety regulations, and managing budgets related to food provision.
- Teachers are responsible for promoting healthy eating in the classroom and being aware of pupils' dietary requirements.
- The SENDCo (Inclusion Manager) is responsible for ensuring that the dietary needs of pupils with SEND are met and communicated to relevant staff.
- Catering Staff are responsible for providing healthy, balanced meals that meet the School Food Standards and allergen regulations.
- Parents/Carers are responsible for providing healthy packed lunches (if applicable), informing the school of any dietary requirements or allergies, and supporting healthy eating habits at home.
- Pupils are responsible for following school rules regarding food consumption and respecting the dietary needs of others.
- Kids Club and Holiday Club Staff, in collaboration with the school cook, are responsible for providing healthy snacks and meals, and ensuring compliance with food safety regulations.

5. School Meals

- School meals comply with the School Food Standards.
- Menus are planned to provide a balanced and nutritious diet.
- Vegetarian and other dietary options will be available.
- The catering team are fully aware of children with allergens and special dietary requirements and children are catered for accordingly.
- Pupils entitled to free school meals will be treated with dignity and discretion.
- We will encourage pupils to try new foods and make healthy choices.
- Pupils will be encouraged to sit and eat together in a calm and social environment.

6. Packed Lunches

- Parents/carers are encouraged to provide healthy packed lunches, based on these guidelines:
 - **Fruits and Vegetables:** At least one portion of fruit or vegetable.
 - **Protein:** Options such as lean meats, fish, eggs, or legumes.
 - Oily fish; such as tinned or fresh mackerel, sardines, salmon, tuna
 - **Carbohydrates:** Wholegrain options such as wholemeal bread, rice, or pasta.
 - **Dairy:** A portion of dairy such as cheese, yoghurt, or milk.
 - **Drinks:** The child's water bottle will be accessible to them at lunchtime. Although an alternative drink can be brought in as part of the packed lunch such as pure fruit juice (no added sugar), semi-skimmed or skimmed milk, yoghurt, milk drinks or smoothies. No glass bottles please.
 - NO FIZZY DRINKS
 - **Puddings:** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble or a sweet desert limited to one small treat, such as a biscuit or a bun or piece of cake.
- No hot food in flasks are permitted in school as the temperature can not be regulated.
- Nuts and nut products are not allowed in packed lunches due to the risk of allergic reactions.
- We will provide guidance to parents/carers on healthy packed lunch options.
- Pupils on packed lunches take home all of their waste so that parents are aware of what their child has eaten each day.
- All children eat their lunch together whether on packed lunches or school lunches.

Packed lunches should not include any of the following:-

- Glass bottles or containers.
- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Sweets
- Peanuts and any nut products.

If these items are found in lunch boxes they will be removed and returned to a parent at the end of the school day. Children will be offered an alternative of water to replace a drink and fruit to replace food item.

7. Snacks and Drinks

- Snacks provided by the school (e.g., in Breakfast Club, Kids Club, Holiday Club) will be healthy options.
- Sugary snacks and drinks will be limited.
- Water will be readily available throughout the day.
- Pupils are encouraged to bring water bottles to school containing water only.
- The school participates in the free fruit and vegetable scheme for EYFS and KS1 children.
- All children are able to bring in a healthy snack to eat at breaktimes. Sharing of snacks is not permitted.

8. Dietary Requirements and Allergies

- Parents/carers must inform the school of any dietary requirements or allergies. This information is routinely collected and updated annually.
- This information is recorded on the pupil's record and communicated to relevant staff.
- Each member of staff is issued with a list of all children in school in relation to dietary requirements and allergies.
- Individual care plans are developed for pupils with severe allergies.
- Staff are trained to recognise and respond to allergic reactions either via external agencies or online courses.
- Weekly staff briefings are used to update staff on any dietary requirements and allergies
- Emergency medication (e.g., EpiPen) will be stored securely and readily accessible in classrooms and the school office
- We work with parents/carers and healthcare professionals to ensure that pupils with dietary requirements can participate fully in school activities.

9. Food Safety and Hygiene

- All food preparation areas will be maintained to a high standard of cleanliness and hygiene.
- Staff handling food will receive appropriate training in food safety and hygiene.
- Food will be stored and prepared according to food safety regulations.
- Regular checks will be carried out to ensure compliance with food safety standards.
- Any incidents of food poisoning or food-related illness will be reported and investigated.

10. Food Rewards and Incentives

- We will prioritise non-food rewards and incentives whenever possible.
- If food rewards are used, they will be offered in moderation.
- Food rewards will not be used to discriminate against pupils with dietary requirements or allergies.
- We will promote alternative reward systems that focus on effort, achievement, and positive behaviour.
- Children are encouraged not to bring in sweet treats to celebrate birthdays and where these are brought in to school, they are not to be eaten on the premises and children are to take them home.

11. Cooking Activities in the Curriculum

- Cooking activities are incorporated into the curriculum to promote healthy eating and develop pupils' cooking skills.
- All cooking activities will be conducted in a safe and hygienic environment.

- Pupils will be taught about food safety and hygiene practices.
- Dietary requirements and allergies will be taken into account when planning cooking activities.

12. School Events

- Food provided at school events (e.g. celebrations) will be as healthy and balanced as much as is practically possible to do so. For some events, e.g school fairs, there will be sweeter treats etc on offer but these event are infrequent.
- We provide options for pupils with dietary requirements.

13. Monitoring and Evaluation

- The implementation of this policy will be monitored regularly.
- The policy will be reviewed every three years and updated as necessary.
- We will track key indicators, such as the uptake of school meals, the incidence of food-related illness, and pupil knowledge of healthy eating.
- Where needed, reminders will be shared with parents and carers via our weekly newsletter.

14. Communication

- This policy will be available on the school website.
- Parents/carers will be informed of the policy
- Staff will receive training on the policy as part of their induction.

15. Training

- All staff involved in food handling or supervision of pupils during mealtimes will receive appropriate training.
- Training will cover food safety, hygiene, allergen awareness, and dietary requirements.
- Training will be updated regularly to reflect changes in legislation and best practice.

16. Policy Review

This policy will be reviewed every three years by the Headteacher and Governing Body or sooner if required.

October 2025