



Healthy Eating Policy

Tonacliffe Primary School is dedicated to providing an environment that promotes healthy eating and enabling children to make informed choices about the food they eat. This will be achieved by using a whole school approach to food and nutrition documented in this policy.

The nutritional principles of this policy are based on the statutory School Food Standards 2015 set out by the Department for Education (DfE).

Equality

We believe in giving all pupils, irrespective of gender identity, sexual orientation, race, religion, disability, socioeconomic status or academic ability, equality of access to the curriculum. We plan work and develop policies that are adapted (where necessary) for all groups and individuals. We are committed to creating a positive climate that will enable everyone to work free from intimidation and harassment to achieve their potential.

Aims

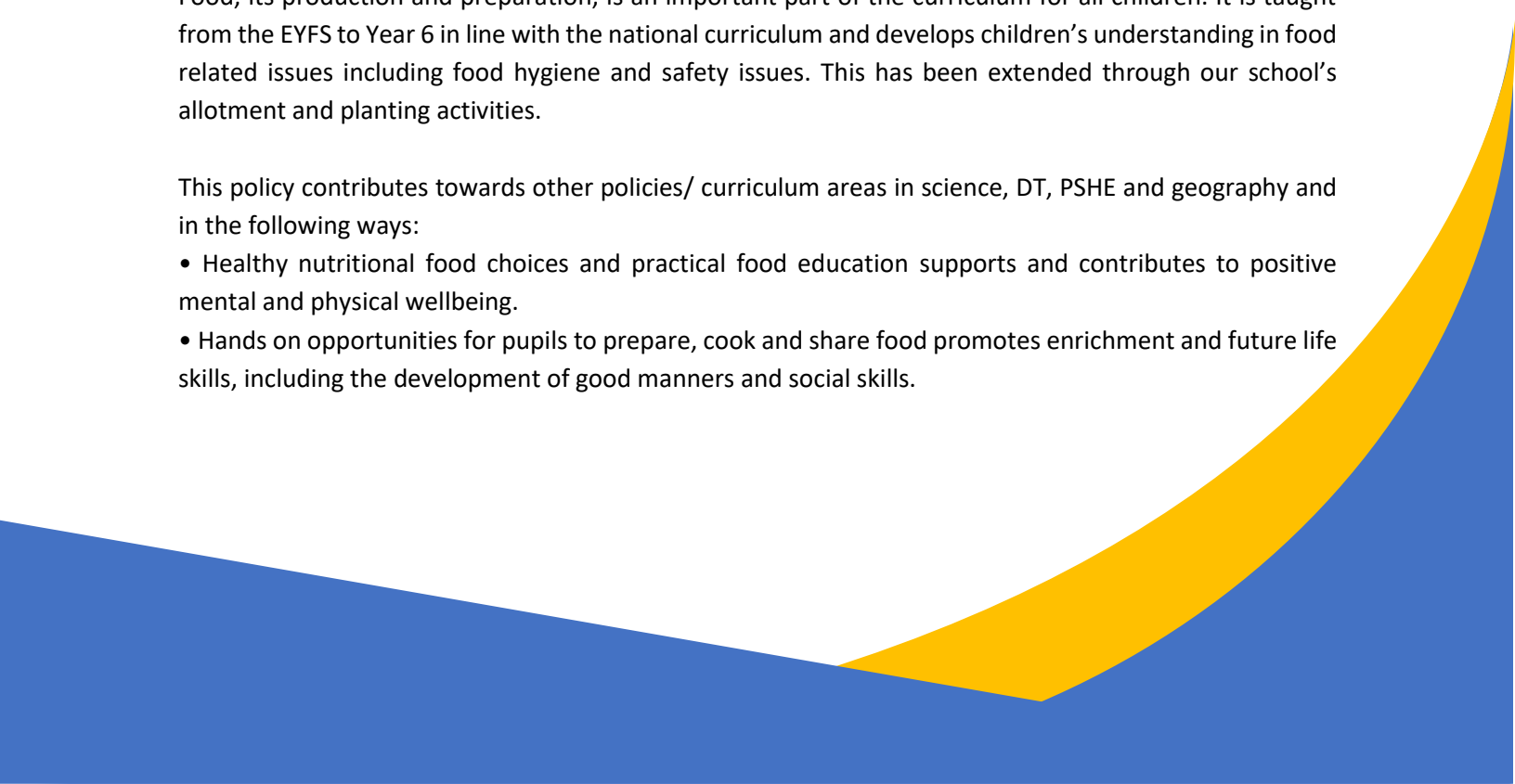
The main aims of our Healthy Eating Policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

Food in the Curriculum

Food, its production and preparation, is an important part of the curriculum for all children. It is taught from the EYFS to Year 6 in line with the national curriculum and develops children's understanding in food related issues including food hygiene and safety issues. This has been extended through our school's allotment and planting activities.

This policy contributes towards other policies/ curriculum areas in science, DT, PSHE and geography and in the following ways:

- Healthy nutritional food choices and practical food education supports and contributes to positive mental and physical wellbeing.
 - Hands on opportunities for pupils to prepare, cook and share food promotes enrichment and future life skills, including the development of good manners and social skills.
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School Lunches

All our school meals are provided by the Lancashire Catering Group via Lancashire County Council in accordance with food standards.

Packed Lunches brought in to School

The school encourages parents and guardians to provide children with healthy packed lunches. Fizzy drinks are not permitted.

Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Healthy snacks are provided by school at a small charge of:

Nursery and Reception: £1.50/ week

KS1: £1.50/ week

KS2: £1.50/ week

These healthy snacks include but are not limited to:

Unprocessed dried fruit, fruit, cheese, crackers, bread sticks, rice cakes and vegetables.

Payment for provision of school snacks is made via School Spider. In order for staff to be able to order and pay for the correct amount of food – payment must be received on the following dates for the academic year 2025 – 2026:

Late payments will not be accepted. If the payment deadline is missed, children will need to wait until the next half term.

For children who wish to bring in healthy snacks from home for break times, the following snacks are permitted:

Unprocessed dried fruit, fruit, cheese, crackers, bread sticks, rice cakes and vegetables.

If children bring in items which do not follow this list – they will be requested to take their snack home and will not be permitted to eat it during breaktime.

The school participates in the *free fruit and vegetables* initiative and every infant and nursery pupil is encouraged to have a piece of fruit or vegetable each day at some stage during the morning or afternoon at a time specifically set aside.

The Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar, salt or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are the preferred option in school.

Special Dietary Requirements

Food allergy and food intolerance

Individual plans are in place for pupils with food allergies as advised by the school health team and parents/ guardians. These plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies / food intolerance/ special dietary requirements.

Vegetarians, special diets for religious and ethnic groups

School caterers offer a vegetarian option at lunch every day.

For health and safety reasons, children are not permitted to swap food items and we request that parents/ guardians support school staff with this.

Drinking Water

Pupils are encouraged to drink water at school, particularly after PE activity, outdoor play and in hot weather. Water dispensers are installed around school and children are encouraged to bring in water bottles from home, which can be filled at the dispensers to provide water throughout the day. Water bottles can be purchased from school. **Juice and flavoured waters are not allowed.**

Milk

Milk is provided by Cool milk – details can be found on the school's website: [Tonacliffe Primary School: Cool Milk](#)

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available;
- that food handlers undergo appropriate food hygiene training;
- that suitable equipment and protective clothing are available.

We consult the health and safety risk assessments and support provided by LCC.

Extra requirements in the EYFS:

From September 2025 school must also take into account the requirements of the [Early Years Foundation Stage nutrition guidance](#). This will become a requirement within the safeguarding and welfare section of the [EYFS framework](#). A separate food policy will be developed for the EYFS.

Partnership with parents and carers

The partnership of home and school is critical in shaping how pupils and young people behave, particularly where health is concerned. We ask parents and carers not to send food or drinks which conflict with our healthy eating policy.

Supporting documents:

[School food standards: resources for schools - GOV.UK](#)

[The Requirements for School Food Regulations 2014](#)

Policy written 2015

Reviewed July 2026

Next policy review July 2027

