



Snack & Healthy Eating Policy

Updated September 2025

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Purpose

This policy outlines our commitment to promoting healthy eating habits among pupils and ensuring that food provided or brought into school supports their physical and mental wellbeing.

Aims

- To encourage children to make healthy food choices.
- To ensure consistency in food provision across the school.
- To support parents and carers in providing nutritious snacks and meals.
- To comply with national guidance on healthy eating in schools.

Early Years Foundation Stage (EYFS)

- Children will sit in a circle with their key workers during snack time.
- All food will be **prepared safely**, with items such as grapes cut into **quarters lengthways** to reduce choking risk.
- Snack time will be a calm, social experience that encourages positive eating habits.

Key Stage 1 (KS1)

- **Fruit and vegetable snacks are provided daily** for all KS1 pupils.
- Parents may opt into the **Toast Club**, which offers an additional healthy snack.
- All snacks will be **prepared appropriately**, and children will be expected to **sit down** while eating.
- Staff will supervise snack times to ensure safety and promote healthy choices.

Key Stage 2 (KS2)

- Children may bring a snack from home, which must comply with the school's healthy eating standards.
- Acceptable snacks include:
 - Fresh fruit or vegetables
 - Wholegrain crackers or rice cakes
 - Low-sugar cereal bars
- **Sweets, chocolate, crisps, and sugary drinks are not permitted.**

Packed Lunches

- Parents are encouraged to provide balanced lunches that include:
 - A portion of fruit and/or vegetables
 - A source of protein (e.g., meat, fish, eggs, beans)
 - A starchy food (e.g., bread, rice, pasta)
 - A dairy item (e.g., cheese, yoghurt)
- Fizzy drinks, sweets, and chocolate bars are not allowed in packed lunches.

Allergy Awareness

- The school is a **nut-free environment**.
- Parents must inform the school of any dietary restrictions or allergies.
- All food brought into school must be clearly labelled if necessary.

Monitoring and Support

- Staff will monitor snack and lunch times to ensure compliance with the policy.
- The school will provide guidance and support to families where needed.
- Healthy eating will be promoted through the curriculum, assemblies, and themed events.

Equalities

At Spring Hill Community Primary School, we are committed to creating an inclusive and equitable environment where all children, regardless of their background or protected characteristics, are treated with respect and dignity. We have taken several measures to eliminate discrimination and other prohibited conduct in accordance with the Equality Act 2010. At Spring Hill Primary School, we see the need for a positive and effective equality. More information on this is available in our Equality policy.