


Policy:	Food and Nutrition Policy November 2022	
Status:	Non- Statutory	
Review Date:	3 years – Nov 2025	

Introduction

St Botolph's C of E Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school and 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 outcomes and supports our school vision to enable children to flourish.

Food Across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as, preparing and cooking food and the benefits from eating seasonally and sustainable choices.

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- Science, PSHE, PE, DT and that it remains consistent with the whole school food policy.

In PSHE children learn about a healthy diet. In PE the children look at how to stay healthy and the importance of a healthy life style. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

Food Standards for Schools

As part of the School Food Plan, a set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. 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, tuck shops 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 (updated 2021)
<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 (updated 2025)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet as well as including the Early Years Foundation Stage Nutrition Guidance (May 2025)

[The Eatwell Guide - NHS](#)

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

Food and Drink Provision Throughout the Day

Breakfast Club

Is available to book on a daily basis in the school for all children to attend. Breakfast is served from 7:15-8:15am. The food offered is healthy and is consistent with a healthy diet. We provide toast including wholegrain varieties, bagels and a range of low sugar cereals and occasionally items including pastry. Fruit is always available and children in year 1 and above are offered a choice of water, milk and fruit juice (no more than 150mls). Children in EYFS are offered a choice of water or milk in line with the EYFS Nutrition Guidance (May 2025).

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.

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
- KS2 are also able to order toast

School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Relish School Food. 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.

Some children choose to bring a packed lunch to school. We encourage homemade packed lunches to be healthy and balanced (see Appendix A).

Guidance states, 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

All children have access to water at lunch time. We are a nut free school.

Wrap Around – After School Club

In the first after school session (half session) children have open access to water and can have a cup of

fruit squash. Each day a snack of fruit or vegetables is available alongside a light snack – eg cracker or plain biscuit. During the late stay session (full session), a light tea is offered which complies with the school food standards for after school clubs. The light tea offering changes daily and may be a sandwich/cracker or beans/spaghetti on toast.

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 and children in EYFS are provided with milk until their 5th birthday as part of the school milk scheme. After a child turns five, parents can choose to pay for children to continue to have milk each day. The drinks offer during wrap around is detailed in the above and below sections.

Menu development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Catering company/provider including the catering company nutritionist/dietitian
- Pupil voice
- Catering staff at school

Use of food as a reward/birthdays and Special occasions

For birthday's children are able to bring in a small treat to be sent home with their classmates so that parents/carers can make the decision as to when or if they can be eaten.

There are other occasions like Christmas parties, Y6 SAT's celebration where children are allowed a treat. These treats are provided by school and range from pizzas, cupcakes, ice lolly, fruit squash and a biscuit etc.

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. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school.

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

Named staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirements. They are listed on the first aid posters found around school.

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 calmly
- Children who have school meals and packed lunches are seated together
- The menus are available and posters are displayed for special events
- Music is played in the dining hall on occasions

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

Appendix A

Food and drink in packed lunches:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with parents to ensure that packed lunches take consideration of the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food fresh.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

A balanced packed lunch should include:

- At least one portion of fruit and/or vegetables every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Meat, fish or other non-dairy protein every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais everyday
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches could include in moderation:

- Snacks such as crisps, savoury crackers or breadsticks
- Confectionary such as a small, snack-size chocolate bar, chocolate-coated biscuits. Small cakes and biscuits are allowed BUT encourage your child to eat these only as part of a balanced meal and as a treat for eating other items in their box first.
- Meat products such as sausage rolls, individual pies, and sausages/chipolatas

Packed lunches should not include:

- **Full-size chocolate bars and sweets**
- **Fizzy drinks**
- **Nuts – we cannot permit nuts as some children have severe nut allergies**

Special diets

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 are urged to be responsible in ensuring that packed lunches are as healthy as possible.