

Brown Clee C.E. Primary School

# SCHOOL FOOD POLICY



Most recently reviewed: **Summer '26**

Approved by governor: **Julie Pinches**

Future review date: **Autumn '28**

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## SUMMARY OF POLICY

### Responsible individuals:

Governing Body,  
Headteacher,

Class Teachers,  
Teaching Assistants,

Lunchtime Supervisors,  
Administrator.

### formation of this policy:

[Education Act](#) (2011)

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

[The National School Food Standards](#)

[School Food Standards: Practical Guide](#) (2023)

[Ofsted School Inspection Handbook](#) (2024)

[Obesity, healthy eating and physical activity in primary schools](#) (2018)

[School Food Plan](#) (2013)

### Policy developed to ensure that...

1. ...all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
2. ... all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
3. ...all pupils are enabled to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
4. ...the mandatory food based standards are implemented
5. ...the school follows the principles laid out in the School Food Plan, encouraging the take up of school meals
6. ...a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

### Implementation:

The school will...

- ...ensure that all relevant staff, governors, volunteers and visitors are aware of the following policy
- ...ensure that the policy is followed at all times
- ...ensure that any questions are raised with the headteacher if unsure about any aspects of the policy

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## Our Aims

Brown Clee C.E. Primary School recognises the significant importance of a healthy diet. It is important that Brown Clee C.E. Primary School considers all elements of work to ensure that awareness of healthy eating is promoted by all members of the school community and the role the school can play to promote family health.

Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

## National Foods Standards

The national school food standards and Ofsted handbook set out the duties of schools on providing healthy and nutritious food for pupils and that schools are encouraging healthy eating. The requirements of the School Food Regulations (2014) introduced these standards into law, and they specify which types of food and drinks should be served at school and how often.

At present, our school meals are prepared on site by school-employed staff who regularly check menus and portion sizes meeting National Foods Standards – as well as ensuring effective food hygiene is in place.

For more information on food management, please see the school's Food Management Plan.

## The School Food Plan

[The School Food Plan](#) is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by...

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school
- The head teacher leading the change
- Concentrating on the things pupils care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1

## Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the [DFE statutory guidelines](#). As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

Healthy eating is also part of the school wider Spiritual, Moral, Social and Cultural developments in school – delivered through assemblies/collective worship and PSHE lessons. Healthy eating is also part of the school's Science curriculum.

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# School's Food and Drink Provision

## Breakfast

Since January 2024, we have resumed providing food to children who attend Wraparound Care in the morning. This had stopped because of the COVID pandemic. Currently, the food will be toast with a choice of jam or butter. Fruit is also available. Parents may choose to provide their child with breakfast before attending before-school wraparound care. It is important that, if parents do not wish for their child to have food provided during wraparound care sessions, that they inform school of this decision.

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Whilst on its own, it is not necessarily indicative of neglect, staff will log incidents of children not having breakfast on MyConcern (our online safeguarding recording tool) to ensure a full picture of potential safeguarding concerns is created.

## School Dinners

At Brown Clee we are very privileged to have our own catering facilities, preparing and cooking school meals every day. Our school meals include a range of freshly prepared and seasonal recipes, making them a great healthy option for children. Food prepared by the school catering team (Edwards and Ward) meets the National Nutritional Standards for School Lunches.

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 and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## Snacks

Fruit is provided for all KS1 every break time via the School Fruit and Vegetable Scheme. In cases of unused fruit or vegetables, this is then offered to pupils in KS2.

## Milk

The new Food Standards require that milk must be available for drinking at least once per day during school hours for pupils under 5 years old. This standard is not met by providing milk at breakfast or after school clubs. This standard can be fulfilled by being part of the Cool Milk Scheme. Pupils having a cooked school meal will also have the correct milk content as part of the school meal diet. [www.coolmilk.com](http://www.coolmilk.com).

## Water

Water is always available to all pupils. Our drinking water is tested regularly (see Health and Safety Policy). Pupils are encouraged to drink regularly in a healthy manner (i.e. having small amount of water regularly).

## Specific Dietary Requirements and Allergies

Parents or carers must make school aware of any specific dietary requirements or allergies. This information is passed onto the Catering Services and all staff.

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency. They are drawn up with reference to our Medical Conditions and Supporting Pupils with Medical Needs Policy.

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. Parents should inform school if culture or religion-based diets are required.

We are a 'nut free' school and do not permit the use of any foods containing nuts for any cooking activities. Parents and the PTA are also advised to be nut free when sending in birthday treats or for cake sales.

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# Food brought into school

## Foods/drinks not allowed in school

Certain foods/drinks are not allowed in school. These would include food/drink that are illegal for children (e.g. alcohol), food/drink containing anything with no known safe amount for children (e.g. caffeine – which can be toxic to children in high doses), any foods containing nuts. Any of these foods/drinks in school will be confiscated and parents informed.

## Packed Lunch

We very much feel that packed lunch choices are a parental choice – and we will not remove food or tell children that they cannot eat any food in their packed lunch (unless it is a food/drink not allowed in school – see above for examples of this).

School will always encourage a healthy-eating ethos in school, and staff may have conversations with pupils whose packed lunch they do not feel is balanced – as is our duty in ensuring pupils are aware of healthy and unhealthy eating. This will always be done in an educational manner and will not be accusatory in any way. Whilst on its own, it is not necessarily indicative of neglect, staff will log incidents of particularly unhealthy packed lunches (both low in nutritious value and packed lunches high in sugar, fat and calories – as both can be indicative of neglect) on MyConcern (our online safeguarding recording tool) to ensure a full picture of potential safeguarding concerns is created.

## Snacks

Pupils may have a snack (whether they are school dinners or packed lunch) at break time. Whilst we appreciate that diets are holistic and certain “unhealthy” foods are okay in moderation, as a school we are expected to encourage healthy eating habits wherever possible. These snacks should be “healthy” – for example, fruit, vegetables, fruit-based cereal bar, breadsticks. As with everything, these snacks should not be excessive. Examples of foods that should not be brought in as a snack include chocolate, crisps, sweets, cakes.

Snacks should NOT contain any nuts.

## Water

As above, we appreciate the holistic nature of diets; however, regularly drinking drinks such as squash (including sugar-free options that are high in phosphoric acid), fruit juice or carbonated drink is particularly detrimental to children’s teeth and oral hygiene – as such, only water should be brought into school in their water bottle.

### PLEASE NOTE:

If your child has particular medical requirements that may require adjustments to this, as per the Medical Conditions Policy, it is vitally important that school are made aware of this. We will happily have a discussion around how we can come up with a suitable solution. School will hold a record for any pupils that it is agreed require any adjustment to this and ensure all staff are aware of this.

## Gifts

Pupils may bring sweets/cakes in on their birthday to share with other pupils. These MUST not contain any nuts.

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