Food Policy

Approved by:	**Full Governing Board**
Date:	**October 2025**
Next review due by:	**October 2028**

Introduction
At St Leonard's CE Primary School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and thrive. We believe that the school, in partnership within parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.
This policy has been reviewed to take into account and comply with the mandatory National School Food Standards (January 2015). These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

Food provision in our school

Food Safety
We outsource our food preparation and cooking to Dolce who are responsible for ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by external caterers). Staff follow guidance on food hypersensitivity (allergen management).

Break Time
Break time snacks include both those brought from home and provided by school. Children in the Nursery, Foundation Stage and Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day. All children can bring a snack from home, but these should be fruits, vegetables or an alternative healthy snack.

Lunchtime Provision
Dolce provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. Alongside Dolce, we ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.
We provide Universal Free School Meals for children in Reception and Key Stage 1 encouraging parents to take up this offer. Children across all years who are entitled to are provided with Free School Meals. Children in Nursery and Years 3-6 are able to purchase school meals. We are committed to providing food which is compliant with all national guidelines. Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.
Dolce is the school meal provider for St Leonard's. They are fully compliant with the School Food Standards.

Eary Years Foundation Stage:

Staff in Nursery and Reception follow the Early Years Foundation Stage Statutory Framework with regards to safe eating and drinking. This includes the following:
Snack is provided to Nursery and Reception children which is planned with reference to the Early Years Foundation Stage nutrition guidance. Children in Nursery and Reception are offered milk and water at lunchtimes as well as fresh water throughout the sessions.

Children eat snack in the Nursery and Reception sat down on the carpet, where possible facing an adult. At lunchtimes all children eat their lunch in the halls sat at tables. There is always be a member of staff in the room/hall with a valid paediatric first aid certificate. Snack is prepared in a way to prevent choking following the guidance set on the gov.uk website.

Drinks
In line with the School Food Standards, the whole school community have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day are in line with the School Food Standards. Children can bring a bottle of water with them to school which they can drink through the day. Fizzy drink or fruit juices are not permitted.

Packed Lunches
Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily.
https://www.nhs.uk/change4life/recipes/healthier-lunchboxes

Breakfast and After School Club
Food provision at our breakfast and after school club and holiday club is compliant with the National School Food Standards. Relevant staff have Introduction to allergens E learning at work and Food Hygiene at work Training. There are regular opportunities to discuss healthy eating as part of their general activities.

Events and Celebrations
We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays, we ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. At Christmas and at the end of the school year classes have their usual school dinner offer and class parties do not involve food. At events organised by the PTFA, treat foods are provided at the end of the sessions to take home.
As a school we engage with national campaigns (such as Eat Them to Defeat Them) to promote healthy eating to children and families.

Halal provision and dietary requirements
Halal meat is provided as are vegetarian options. These options ensure that a pupil will not be nutritionally disadvantaged.

Children with allergies
Children with specific food allergies have medical care plans which are shared with all staff; relevant information is made available in the kitchen and staff room, hard copies are stored in the office. We endeavour to work with the families to ensure that the children with allergies are not discriminated against and that food and drink alternatives are pre-planned and considered.. Open conversations ahead of events, trips and residentials between school and home are encouraged.
School will sign post concerns about food at lunch times to the catering provider.
School will link with health professionals if further guidance is required.

Food in the curriculum
Food, its production and preparation and ethnic or religious significance is an important part of the curriculum for all pupils and is taught across the curriculum through RE, Science, PSHE, PE and Design and Technology. Pupils will be educated to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between

food, physical activity and health benefits.

Role of Governors
Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.
The Governing Body is responsible for ensuring that the National School Food Standards are met.

- All food and drink provided in applicable schools must meet the National School Food Standards. Where food is provided by the local authority or a private caterer, compliance with the School Food Standards should be specified within the catering contract or service level agreement and the caterer should provide the Governing Body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards.

- The Governing Body should ensure that it receives regular reports on compliance with the School Food Standards as well as take-up of school lunches and financial aspects of school food provision.

Links to other policies
Health and Safety
Medical Conditions.
PSHE Policy

Review
This policy will be reviewed every three years by the Head Teacher and the Full Governing Body. Any alterations that come from this review will be discussed and ratified by the full Governing Body.