



# Food and Nutrition Policy

## St Michael's Easthampstead CE Primary School

At St Michael's we are a community of active learners who go above and beyond in everything we do, equipping ourselves to make a difference in our own lives and in the lives of others

<b>Policy Name</b>	Food and Nutrition Policy
<b>Brief Description:</b>	Sets out the school's commitment to providing healthy, balanced food and promoting positive nutrition habits for all pupils
<b>Status: Statutory/non-statutory</b>	Non- Statutory
<b>Other related policies and procedures:</b>	Child Protection and Safeguarding Policy Health and Safety Policy Supporting Pupils with Medical Conditions Policy Behaviour Policy PSHE (including RSHE) Policy Equality Policy SEND Policy EYFS Policy Attendance Policy
<b>Approval level: HT/Governors/FGB</b>	FGB
<b>Approved by the Governing Board on:</b>	23/3/2026
<b>Frequency to be reviewed</b>	Every 2 years or sooner if guidance changes
<b>Latest Date for Next Review:</b>	23/3/2028
<b>Version + Schedule of Amendments:</b>	1
<b>Signed:</b>	Shaun Riordan
<b>Position:</b>	Headteacher
<b>Date of Signature:</b>	23/3/2026

Go above and beyond with Love:

Kindness, Honesty, Respect and Aspiration

## 1. Purpose

This policy sets out the school's commitment to providing healthy, balanced food and promoting positive nutrition habits for all pupils. It aims to:

- Support children's health, growth, and development
- Promote lifelong healthy eating habits
- Comply with statutory school food standards for primary schools
- Support learning and wellbeing through healthy nutrition

In developing this policy, the school has considered all relevant gov.uk guidance, including the School Food Standards for primary schools, the School Food Plan, Healthy Eating guidance, public health recommendations, and the EYFS statutory framework (September 2025) for Reception pupils.

## 2. Scope

This policy applies to:

- All pupils in Reception to Year 6
- All staff and volunteers involved in food provision
- All food and drink consumed on school premises, including:
  - School lunches
  - Packed lunches brought from home
  - Snacks provided by the school (e.g., fruit, milk)
  - Special events (e.g., parties, celebrations, fundraisers)
- Reception pupils specifically: EYFS nutrition guidance is followed in line with statutory requirements

## 3. Policy Statements

### 3.1 School Meals

- All school-provided meals meet the **School Food Standards** set by the Department for Education (DfE)
- Menus are balanced, varied, and nutritionally adequate, including:
  - Plenty of fruit and vegetables
  - Starchy foods such as rice, pasta, bread, and potatoes
  - Protein sources including meat, fish, eggs, beans, and pulses
  - Dairy or dairy alternatives
  - Limited foods high in fat, sugar, and salt
- Drinking water is available at all times

### 3.2 Packed Lunches

- Parents and carers are encouraged to provide balanced packed lunches, including:
  - At least one portion of fruit and one portion of vegetables every day
  - A source of protein (e.g., meat, fish, eggs, beans)

- A starchy food (e.g., bread, rice, pasta)
- Dairy or alternative
- Sugary drinks, chocolate bars, and sweets are discouraged
- Staff monitor lunchboxes and provide guidance where needed

### 3.3 Snacks and Break-time Food

- Only healthy snacks are permitted during break times, including fruit, vegetables, and plain rice cakes
- Free fruit is provided for children in Reception, Year 1, and Year 2 under the National Fruit and Vegetable Scheme
- Water is the preferred drink; sugary drinks are not permitted

### 3.4 Food for Special Dietary Requirements

- The school accommodates medical, cultural, and religious dietary needs
- Parents are required to inform the school of allergies, intolerances, or dietary requirements
- Special menus are provided in line with guidance from the school catering provider and public health advice

### 3.5 Education and Promotion of Healthy Eating

- Healthy eating is incorporated into the curriculum (e.g., PSHE, science, and cooking lessons)
- Pupils are encouraged to make healthy choices and understand the importance of nutrition for wellbeing and learning
- Information is provided to parents and carers via newsletters, workshops, and the school website

### 3.6 Food Safety

- All food served at school follows food hygiene and safety regulations
- Staff handling food are trained in hygiene standards
- Cleaning and storage procedures comply with statutory requirements

**Review frequency:** Every 2 years or sooner if guidance changes

**Responsible:** Headteacher / Senior Leadership Team (SLT)