

KINGSWAY COMMUNITY TRUST

WHOLE SCHOOL FOOD POLICY

October 2025

Whole School Food Policy

Date: October 2025

Review date: Autumn 2028

The Trust is dedicated to providing an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat.

The school will follow the school food standards for food throughout the school day.

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools> updated February 2025.

Definition

It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. The children, parents/carers and their families are aware of the healthy eating ethos of the school as it is consistently reflected through the following:

- Formal curriculum e.g. cooking and nutrition, design and technology, science and PSHE.
- Extra-curricular activities e.g. cookery club, gardening club
- Provision of food and drink at school, e.g. breakfast club, school lunch, drinking water/milk, snacks, use of food and drink as a reward and special occasions.
- Consumption of food and drink at school e.g. dining room environment, style of service, timings, commercial food vans, pupils bringing food to school, i.e. lunch boxes, snacks and drinks.
- Promotion of school meals and healthy packed lunch ideas at Parents' Evenings, through Pupil Voice and targeted monitoring of children's lunchboxes.
- Events and lettings at school, e.g. school fair.
- Inclusivity – special diets, cultural and age (portion size).

Food Policy Aims

The main aims of our school food policy are:

1. To provide healthy food and drink choices throughout the school day, aligning with the mandatory School Food Standards, and to ensure food stuffs brought into school meet the School Food Standards
2. To enable children to make healthy food and drink choices through the provision of information and the development of appropriate food skills, behaviours and attitudes
3. To ensure a consistent and engaged approach to nutritious and sustainable food that promotes wellbeing across the school community, including children, staff and parents/carers considering children with complex health needs such i.e. coeliac disease or severe allergies

These aims will be addressed through the following areas.

1. Equal Opportunities

In all aspects of food and drink provision, as in all other areas of the curriculum and the wider school environment, we recognise the value of the individual and strive to provide equal access of opportunity for all. This includes the equitable provision of school meals, helping to encourage maximum support and uptake, and supporting vulnerable families to access food out of school term time and during school holidays.

Anti-Poverty

We are always mindful of the significant impact of poverty on children and families. We ensure that staff

- Are non-judgmental about a family financial circumstance
- Bear this in mind when arranging any school activities with cost implications.
- Understand the impact this may have on a parents' mental and physical well being
- Are available and approachable for parents and children

2. Curriculum

Food and nutrition is taught at an appropriate level throughout Key Stages 1 and 2 in science, PSHE and Design Technology (cooking and nutrition). Ingredients required for cooking in curriculum are provided for by the school for all children and, where possible, recipes not requiring non-basic pieces of equipment (e.g., garlic crushers, cheese graters, etc.) are prioritised. Cultural consideration should be given to the ingredients in recipes.

We aim through food and nutrition education to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills. Food and nutrition education is a progressive and developmental curriculum. We will regularly review the curriculum to ensure that information is up to date and consistent and that a cross-curricular approach is utilised as a vehicle for delivering messages about healthy eating. Teachers are confident in having the knowledge, skills and resources to deliver the food and nutrition curriculum.

3. Quality of the Environment

We aim to provide a dining area which is a desirable place promoting a social community which is user friendly through e.g. arranging tables more sociably, using table cloths and brightly coloured plastic trays, children having enough time to eat their dinner, cutting queuing by staggering times, monitoring noise levels and behavior, lunchtime staff encouraging the uptake of fruit by taking the fruit bowl to the tables.

Food and Drink Provision Throughout the School Day

Breakfast Club

Breakfast is an important meal that should provide 25-30% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day from 8.00am to the start of school and complies with the standards for school food other than lunch.

The breakfast menu includes, but is not limited to:

- Bagels
- Eggs
- Porridge
- Crumpets
- Beans on toast

Breaktime Snacks/Rewards and Treats

The school provides a piece of fruit or vegetable each morning for children in Key Stage 1.

We actively discourage children from consuming high fat, high sugar snacks by offering healthier snacks (fruit) and minimizing the use of unhealthy food used as rewards and as birthday treats to avoid causing confusion for children.

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

School Lunch

Food prepared by the school catering team meets the School Food Standards.

As a school we encourage pupils to have a school lunch provided by our in house school catering team and free school meals are provided to all those pupils who are entitled to them.

Healthy options are promoted at lunchtime. Pupils are consulted about food choices by pupil voice surveys.

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards, with a healthy, varied packed lunch each day for example through healthy eating and packed lunch advice leaflets available in different languages, in new-pupil packs and on parents' evenings, parenting classes, targeted healthy lunchbox challenge weeks, etc (Packed Lunch Policy attached in Appendix 1)

After School Club

The food and drink provision at our after school clubs is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

Drinking Water

The School Food Standards recommend that free, fresh drinking water must be available at all times

Easily accessible fresh drinking water is made available to all students throughout the day. Children have their own personalized water bottle, provided by the school.

Water is available for all pupils at the lunchtime meal service.

4. Special Dietary Requirements

Special Diets - Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

Vegetarian Diets/Halal Meals

School caterers offer a vegetarian and Halal option at lunch everyday.

Special Diets – Food Allergy and Medical

Under section 100 of the Children and Families Act 2014, schools have a duty to support pupils at school with medical conditions. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

We will ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds during school hours.

When teaching the food and nutrition curriculum, we will consider the needs of pupils with food allergies and special diets.

Further information can be found on Allergy Guidance for schools at <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
And Allergy UK <https://www.allergyuk.org/living-with-an-allergy/at-school/>

Referrals

Where appropriate, school nurse referral system is in place for underweight and overweight children, and children with other nutritional issues, which follow the appropriate pathways for children.

5. 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; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas. All kitchen staff are required to have Food Hygiene Training and Food Allergen training.

6. Consultation/Monitoring and Evaluation

This policy has been developed through wide consultation with the whole school community. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

We will monitor the food policy by regularly reviewing the take up of free school meals, regularly checking packed lunches, parental surveys etc. The Executive Headteacher will monitor the quality of the meals on a regular basis.

Monitoring and reviewing will lead to ongoing policy development with changes if applicable.

Appendix 1

Packed Lunch Policy

Overall aim of the policy

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that meets the national nutritional standards.

Food and drink in packed lunches: what the policy states

- 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 the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should include

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day.
- Oily fish such as salmon, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should avoid

- Snacks such as crisps. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but children are encouraged to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

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. For these reasons pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing

Packed lunches will be regularly monitored by class teachers and lunchtime organisers.

Healthy lunches will be rewarded with stickers and feedback given to teachers so that appropriate rewards can be given. Every year, each year group will be targeted to take part in the Healthy Lunchbox Challenge – children who have a healthy packed lunch on five consecutive days, as well as the person who made it (parent/carer), will be rewarded with a certificate at a special assembly.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy and reminding them of healthy options they could include. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers

Parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the Healthy Schools Coordinator informed as per the methods detailed below under “Dissemination of the Policy”.

Linked policies

Linked policies include Design Technology, PSHE, PE, Physical Activity, Science.

Dissemination of the policy

The policy will be available on the school’s websites.

The school will use opportunities such as parents evenings and Lunchbox Challenge weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Appendix 2

Useful Policy and Food related web site links.

Healthy Schools Manchester

www.healthyschoolsmanchester.nhs.uk.

The School Food Plan

<http://www.schoolfoodplan.com/>

The School Food Plan – Standards

<http://www.schoolfoodplan.com/standards/>

The School Food Plan – Creating a Culture and Ethos of Healthy Eating

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

The School Food Plan – Creating a Culture and Ethos of Healthy Eating

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

The School Food Plan – School Food: Guidance for Governors

<http://whatworkswell.schoolfoodplan.com/site/article-files/254ddd1d-091b-44e1-a19a-212d61caa205.pdf>

The Childrens Food Trust

www.childrensfoodtrust.org.uk.

The British Nutrition Foundation

<https://www.nutrition.org.uk/foodinschools/foodprovision/food-provision.html>

The Food Standards Agency

<http://www.food.gov.uk>.

Food allergy in Schools and Nurseries Fact Sheet

<http://www.uhs.nhs.uk>.

British Dietetic Association

<https://www.bda.uk.com/foodfacts/PackedLunches.pdf>