



Parkview and Redwood Primary School Federation

Whole School Food Policy

1. Introduction

Redwood Primary School and Parkview Primary School recognise that a healthy, balanced diet is essential for children's health, wellbeing, development and ability to learn.

The schools are committed to providing a positive food culture in which children are encouraged to make healthy choices, develop an understanding of nutrition and enjoy food in a pleasant and social environment.

We recognise that schools have an important role to play in supporting children and families to develop healthy eating habits. We will therefore promote healthy eating through the food and drink provided in school, through the curriculum and through our wider school environment.

This policy applies to all food and drink provided by the schools, including:

- school lunches;
- breakfast provision;
- snacks and refreshments;
- packed lunches;
- food used during curriculum activities;
- food provided for celebrations and special occasions; and
- food provided as part of school events.

2. Aims

The aims of this policy are to:

1. Promote healthy eating and drinking throughout the school day.
2. Ensure food and drink provided by the schools complies with the current Department for Education School Food Standards.
3. Provide pupils with nutritious, balanced and varied food choices.
4. Encourage children to develop positive attitudes towards food.
5. Ensure pupils have access to free, fresh drinking water throughout the school day.
6. Support pupils with allergies, intolerances and other medically required dietary needs.
7. Ensure food is prepared, stored and served safely and hygienically.
8. Provide opportunities for pupils to learn about food, nutrition, healthy lifestyles and food preparation.
9. Encourage children to try a variety of foods while respecting individual dietary, cultural and religious requirements.
10. Promote a positive and enjoyable dining experience.
11. Work with parents and carers to support healthy eating habits at home and at school.

3. Legislation and Guidance

The schools will comply with all relevant legislation and Department for Education guidance relating to food provision.

This includes the **School Food Regulations 2014** and the current **School Food Standards**.

The School Food Standards are mandatory for maintained schools, academies and free schools in England.

The schools will also have regard to relevant guidance concerning:

- food allergies and intolerances;
- food hygiene and safety;
- supporting pupils with medical conditions;
- free school meals;
- universal infant free school meals;
- the School Fruit and Vegetable Scheme;
- school milk; and
- Government Buying Standards for food and catering services.

The DfE states that free, fresh drinking water must be available to pupils at all times.

4. School Meals

Where school meals are provided, the schools will ensure that menus meet the current School Food Standards.

Menus will aim to provide a varied and balanced selection of food, including:

- fruit and vegetables;
- starchy foods, including wholegrain varieties;
- meat, fish, eggs, beans and other sources of protein;
- milk and dairy products; and
- appropriate sources of healthy fats.

The schools will encourage the use of fresh, seasonal and locally sourced ingredients where practical.

School meals will be served in a pleasant environment and pupils will be encouraged to enjoy their meal and socialise appropriately.

Children will not be pressured to eat food they do not want to eat. However, pupils will be encouraged positively to try a range of healthy foods.

5. Healthy Eating Standards

The schools will ensure that food provision reflects the current DfE School Food Standards.

In particular:

- fruit and vegetables will be available as appropriate;
- bread without added fat or oil will be available daily where applicable;
- wholegrain or higher-fibre options will be included;
- fried, battered and breadcrumb-coated foods will be limited in accordance with the standards;
- confectionery and chocolate will not normally be provided as part of routine school food provision;
- food high in fat, sugar and salt will be limited;
- salt will not be routinely added to food after cooking;
- condiments will be appropriately controlled; and
- water will be the default drink.

The DfE practical guide states that many of the standards apply across the whole school day, including food provided at breakfast clubs and morning break.

6. Breakfast Club

Where breakfast provision is provided, the schools will promote a healthy and nutritious start to the school day.

Breakfast provision may include appropriate options such as:

- porridge;
- lower-sugar, higher-fibre breakfast cereals;
- wholegrain toast (not supplied at the free breakfast club);
- fruit;
- milk;
- water.

Where possible, fruit may be used to naturally sweeten breakfast foods.

Breakfast provision will comply with the applicable School Food Standards.

Children attending breakfast provision will be encouraged to make healthy choices and will be provided with a pleasant and sociable environment in which to eat.

7. Snacks and Break-Time Food

The schools will encourage healthy snacks at break time.

Where the school provides snacks, these will generally include options such as:

- fresh fruit;
- vegetables;
- fruit or vegetable portions;
- milk or appropriate dairy products; and
- other foods permitted under the School Food Standards.

The schools will participate in relevant Government schemes where appropriate, including the School Fruit and Vegetable Scheme and school milk provision.

Parents and carers will be encouraged to provide healthy snacks where pupils bring food from home.

8. Packed Lunches

Parents and carers are encouraged to provide a healthy and balanced packed lunch.

A packed lunch should normally include:

- a source of starchy food, such as bread, wraps, pasta or rice;
- fruit and/or vegetables;
- a source of protein;
- a dairy or suitable alternative where appropriate; and
- a drink of water.

The schools discourage packed lunches containing:

- sweets and confectionery;
- chocolate bars;
- fizzy or energy drinks;
- high-sugar drinks;
- foods containing excessive amounts of salt or sugar; and
- large quantities of highly processed snack foods.

Parents and carers will be provided with guidance where appropriate.

The schools recognise that families have different circumstances and will promote healthy packed lunches through information and positive encouragement rather than criticism of individual children.

Nut-Free Requirement

As Redwood Primary School and Parkview Primary School are strictly nut-free schools, **nuts and products containing nuts must not be included in packed lunches or snacks brought into school.**

Parents and carers are asked to check ingredient labels carefully before sending food into school.

9. Drinking Water

Fresh drinking water will be freely available to all pupils throughout the school day.

Pupils will be provided with a free water bottle which must stay in school.

Pupils will be encouraged to drink regularly, particularly during hot weather and after physical activity.

10. Milk and Fruit

Where available, the schools will promote participation in relevant Government schemes providing milk and fruit or vegetables.

For eligible pupils, the schools will administer these schemes in accordance with the relevant guidance.

The DfE guidance states that children aged 4 to 6 in eligible state-funded infant, primary and special schools can receive a free portion of fruit or vegetables each school day through the School Fruit and Vegetable Scheme.

11. Nut-Free Schools

Redwood Primary School and Parkview Primary School are strictly nut-free schools.

No nuts or products containing nuts are permitted anywhere on the school premises.

This includes, but is not limited to:

- peanuts;
- tree nuts, including almonds, hazelnuts, walnuts, cashews, pistachios, pecans, Brazil nuts and macadamia nuts;
- nut butters and spreads;
- products containing nuts;
- foods made using nut ingredients; and
- products where nuts have been deliberately added as an ingredient.

The nut-free requirement applies to all pupils, staff, parents, visitors, contractors and catering providers and applies throughout the school day and at all school activities and events.

Parents and carers must not send nuts or products containing nuts into school, including in:

- packed lunches;
- snacks;
- food for celebrations or birthdays;
- treats;
- food for school events; or
- food provided for fundraising activities.

Staff must also ensure that food they bring into school does not contain nuts or products containing nuts.

Where food is provided by an external catering provider, the school will require the provider to comply with the school's nut-free policy and to provide appropriate allergen information.

The schools recognise that it is not possible to guarantee an entirely allergen-free environment, particularly in relation to accidental exposure or traces resulting from manufacturing processes. However, the schools will take all reasonable and practicable steps to maintain a nut-free environment and minimise the risk of exposure.

Parents and carers are expected to check food labels carefully before sending any food into school.

Where there is any doubt about whether a product is suitable, parents/carers should contact the school before sending it in.

12. Food Allergies and Intolerances

The schools take food allergies and intolerances seriously.

Parents and carers must inform the school of any diagnosed allergy, intolerance or medically required dietary restriction.

Where a child has a medically diagnosed allergy or dietary requirement, appropriate information will be recorded and shared with relevant staff on a need-to-know basis.

The schools will work with parents/carers, catering providers and relevant healthcare professionals where necessary to ensure appropriate arrangements are in place.

Staff responsible for food provision will be made aware of pupils with relevant allergies or dietary requirements.

Food containing an allergen will not knowingly be provided to a pupil where the school has been informed of a medically diagnosed allergy and appropriate arrangements have been agreed.

Catering providers must provide accurate allergen information and comply with applicable food information requirements. DfE guidance confirms that food businesses, including school caterers, are required to provide allergen information for food they serve.

The schools will follow their separate procedures for the management of allergies and anaphylaxis, including the use of emergency medication where prescribed.

13. Special Dietary Requirements

The schools will make reasonable arrangements to accommodate dietary requirements arising from:

- medical conditions;
- allergies or intolerances;
- religious requirements;
- cultural requirements; and
- ethical dietary choices where reasonably practicable.

Parents/carers should provide the school with accurate and up-to-date information regarding their child's dietary requirements.

The school may request supporting medical information where appropriate.

Where a special diet cannot safely be accommodated by the school's catering arrangements, the school will discuss alternative arrangements with the family.

14. Food Safety and Hygiene

All food provided by the schools will be prepared, stored and served in accordance with appropriate food hygiene and safety requirements.

Staff involved in preparing, handling or serving food will receive appropriate training.

The schools will ensure appropriate controls are in place for:

- food storage;
- temperature control;
- preparation;
- cooking;
- serving;
- cleaning;
- cross-contamination;
- allergen management; and
- disposal of food waste.

Children involved in cooking activities will be taught appropriate food hygiene and safety procedures.

15. Food Education

The schools recognise that healthy eating is not solely about the food provided at lunchtime.

Pupils will have opportunities through the curriculum to learn about:

- healthy and balanced diets;
- nutrition;
- food groups;
- where food comes from;
- seasonal produce;
- food preparation;
- cooking;
- food hygiene;
- sustainability;
- food waste; and
- making healthy lifestyle choices.

Where appropriate, pupils will have opportunities to grow, prepare and cook food.

Food education will be delivered in an age-appropriate manner and will support the school's wider PSHE and science curriculum.

16. School Gardens and Growing Food

Where practical, pupils will be encouraged to learn about food through growing plants, fruit, vegetables and herbs.

Growing food provides opportunities for children to learn about:

- healthy eating;
- seasonality;
- sustainability;
- biodiversity;
- food production; and
- reducing food waste.

Produce grown by pupils may be used in appropriate curriculum cooking activities, subject to food safety considerations.

17. Celebrations and Special Occasions

The schools recognise that food is often an important part of celebrations and cultural events.

Food may be provided for:

- school celebrations;
- religious or cultural occasions;
- special events;
- fundraising activities; and
- other appropriate occasions.

The School Food Regulations contain specific exemptions for certain occasions, including parties or celebrations marking religious or cultural occasions, fundraising events, rewards and food used for teaching cooking skills.

However, the schools will continue to encourage healthy choices and moderation.

Where food is brought into school for a celebration, parents/carers may be asked to follow specific school arrangements, particularly in relation to allergies and food safety.

18. Birthday Celebrations

The schools recognise that birthdays are special occasions for children.

The schools do not expect parents/carers to provide food for individual birthday celebrations.

Where birthday treats are permitted, the school may provide guidance regarding appropriate portion sizes and ingredients.

The school reserves the right to refuse food where there is a food safety, allergy or safeguarding concern.

Individual children will not be made to feel uncomfortable or excluded if their dietary requirements mean they cannot eat a particular food.

19. Food as a Reward

The schools will avoid using food, particularly sweets and confectionery, as a routine reward for good behaviour, achievement or effort.

Alternative rewards may include:

- praise;
- certificates;
- stickers;
- additional responsibilities;
- recognition in assemblies;
- house/team points;
- positive messages home; and
- other non-food rewards.

The DfE School Food Regulations provide an exemption for food used as a reward; however, the schools will promote healthy eating and therefore aim to minimise the use of food as a reward.

20. School Trips and Events

Where food is provided as part of a school trip or event, staff will consider:

- allergies and dietary requirements;
- food hygiene;
- safe storage and transportation;
- appropriate portion sizes;
- nutritional value;
- availability of drinking water; and
- the needs of individual pupils.

Parents/carers will be informed where food arrangements are relevant to a trip.

21. Food Waste and Sustainability

The schools will seek to minimise food waste.

Pupils will be encouraged to:

- take appropriate portions;
- avoid unnecessary waste;
- understand where food comes from;
- recycle or compost food waste where facilities permit; and
- consider the environmental impact of food choices.

The schools will work with catering providers to monitor and reduce food waste where practical.

Where appropriate, schools will consider sustainable and locally sourced food as part of procurement decisions.

22. Free School Meals and Universal Infant Free School Meals

The schools will administer free school meal provision in accordance with current Department for Education and local authority requirements.

All eligible pupils will be supported to access their entitlement sensitively and without stigma.

Pupils will not be identified publicly as receiving free school meals.

Reception, Year 1 and Year 2 pupils will receive Universal Infant Free School Meals in accordance with current arrangements.

Parents/carers will be encouraged to register for benefits-based free school meals where eligible, as this may provide access to additional support for the school and the family.

The Government's free school meals guidance was updated in September 2026, including changes applying from the 2026–27 academic year.

23. Dining Environment and Lunchtime Experience

The schools aim to provide a pleasant, calm and sociable environment for eating.

Staff will encourage pupils to:

- sit appropriately;
- use good table manners;
- respect other pupils;
- eat at a reasonable pace;
- make healthy choices; and
- clear away appropriately.

Staff will model positive attitudes towards food.

Children will not be routinely prevented from drinking water.

Reasonable adjustments will be made for pupils with additional needs where required.

24. Equalities and Inclusion

The schools recognise that food choices can be influenced by culture, religion, medical needs, disability and individual circumstances.

The schools will seek to ensure that food provision is inclusive and does not unnecessarily disadvantage pupils.

Reasonable adjustments will be made where required to support pupils with disabilities or medical conditions.

25. Roles and Responsibilities

Governing Body

The Governing Body will:

- approve this policy;
- ensure appropriate arrangements are in place for school food provision;
- receive appropriate information about compliance with the School Food Standards; and
- monitor the effectiveness of the policy.

Headteacher

The Headteacher will:

- ensure the policy is implemented;
- ensure appropriate food safety and allergy arrangements are in place;
- work with catering providers;
- ensure staff understand their responsibilities; and
- address any concerns relating to food provision.

School Business Manager

The School Business Manager will:

- oversee contractual arrangements with catering providers where applicable;
- monitor catering provision and value for money;
- liaise with suppliers and caterers;
- ensure relevant documentation is maintained; and
- support monitoring of compliance with this policy.

Catering Provider

Where catering is contracted, the catering provider will:

- comply with the School Food Standards;
- comply with food safety and hygiene requirements;
- provide accurate allergen information;
- provide suitable menus;
- accommodate agreed dietary requirements;
- ensure staff are appropriately trained; and
- provide evidence of compliance when requested by the school.

School Staff

All staff are expected to:

- model positive healthy eating behaviours;
- follow food safety and allergy procedures;
- support pupils to make healthy choices;
- report concerns about food provision; and
- follow this policy.

Parents and Carers

Parents and carers are encouraged to:

- provide healthy packed lunches and snacks;
- inform the school of allergies and dietary requirements;
- support healthy eating at home;
- follow school guidance regarding food brought into school; and
- work with the school to support their child's nutritional needs.

Pupils

Pupils are encouraged to:

- make healthy food and drink choices;
- try a variety of foods;
- drink water regularly;
- respect other people's dietary requirements;
- follow food hygiene expectations; and
- avoid wasting food.

26. Monitoring and Evaluation

The implementation of this policy will be monitored by the Headteacher and School Business Manager.

Monitoring may include:

- reviewing school menus;
- checking compliance with the School Food Standards;
- reviewing allergen and dietary arrangements;
- monitoring uptake of school meals;
- monitoring breakfast provision;
- reviewing packed lunch arrangements;
- seeking feedback from pupils and parents;
- monitoring food waste; and
- reviewing catering performance.

The Governing Body will receive appropriate information regarding school food provision.

The schools will use the current DfE School Food Standards guidance when reviewing menus and food provision.

27. Complaints and Concerns

Parents and carers who have concerns about food provision should initially raise the matter with the school office or the member of staff responsible for school food provision.

Concerns relating to allergies or medically required diets will be treated as a priority.

Where the school uses an external catering provider, complaints may also be referred to the catering provider in accordance with the relevant service arrangements.

The school's Complaints Policy will apply where a concern cannot be resolved informally.

28. Review of the Policy

This policy will be reviewed annually or sooner where there are:

- changes to legislation;
- changes to Department for Education guidance;
- changes to school catering arrangements;
- significant changes to food allergy guidance;
- changes to the school's food provision; or
- any incident or concern that indicates the policy requires amendment.

The next scheduled review is **September 2027**.

Approval

Approved by Governing Body: _____

Date: _____

Signed: _____

Review Date: September 2027