



Food and Nutrition Policy

Introduction

Deepdale Community Primary School recognises the importance of food and nutrition in the health, wellbeing, and learning of our pupils. We are committed to providing healthy, balanced meals, fostering positive attitudes towards food, and supporting families in making nutritious choices. This policy reflects the *School Food Standards (DfE, 2015)* and national guidance on healthy eating.

Aims

To ensure all food and drink provided by the school meets or exceeds government nutritional standards.

To promote healthy eating habits and encourage children to make informed choices.

To create a positive, inclusive dining experience.

To work in partnership with parents, carers, and the wider community to promote lifelong healthy lifestyles.

To integrate food education into the wider curriculum (science, PSHE, PE, and design & technology).

School Meals

School lunches will be nutritious, varied, and freshly prepared, in line with the School Food Standards.

Menus will be balanced across the week and will include fruit, vegetables, wholegrains, and sources of protein.

All dietary, cultural, and medical requirements will be respected and catered for.

Vegetarian, vegan, and allergy-friendly options will be available daily.

Water will be freely available at all times.

Packed Lunches

Parents are encouraged to provide balanced, healthy packed lunches.

Packed lunches should not include sugary drinks, sweets, chocolate bars, or crisps (occasional treats permitted on special occasions).

Guidance will be provided to families on healthy packed lunch ideas.

Snacks and Drinks

Fruit will be available daily for pupils in EYFS and Key Stage 1.

Pupils may bring a piece of fruit, vegetable, or healthy snack for morning break.

Only water or milk may be consumed during the school day.

Curriculum Links

Healthy eating will be promoted through science, PSHE, PE, and design & technology.

Cooking and food preparation skills will be taught across year groups, in line with the National Curriculum.

Opportunities for gardening and growing food will be encouraged to build understanding of where food comes from.

Celebrations and Special Events

The school will promote healthier alternatives at events and celebrations, while recognising the role of food in cultural and religious occasions.

Birthday celebrations should focus on non-food items, although occasional small treats may be permitted.

Staff and Role Modelling

Staff will promote healthy eating by modelling good food choices.

Training will be offered to staff on food safety, nutrition, and allergy awareness.

Partnerships with Parents and Community

The school will share information on healthy eating with parents through newsletters, workshops, and the school website.

Community links will be developed to promote food education and healthy lifestyles.

Monitoring and Review

The headteacher and governors will monitor the implementation of this policy.

The policy will be reviewed every two years, or sooner if government guidance changes.

Date of Approval: 22nd September 2025

Next Review: September 2027