



Inspire Academy

School Food Policy

LAST REVIEW DATE	March 2026	REVIEW PERIOD	Every Three Years
NEXT REVIEW DATE	March 2026	TYPE OF POLICY	Statutory

DATE OF RATIFICATION:	12/03/2026
SIGNATURE	
PRINT NAME	Justin Stuart - Chair of Trust

Introduction



This policy sets out the statutory and operational requirements for the provision of food and drink at Inspire Academy, in accordance with the School Food Regulations 2014 and associated Department for Education guidance. These regulations apply to all food and drink provided during the school day, including breakfast clubs, mid-morning breaks, school lunches & rewards.

Legal Framework

- Education Act 1996
- School Standards and Framework Act 1998
- School Food Regulations 2014
- Department for Education: School Food in England
- Food Information Regulations 2014
- ABA Safety

Aims of the Policy

- Provide pupils with healthy, nutritious, high-quality food.
- Ensure compliance with statutory School Food Standards.
- Promote good eating habits.
- Consider medical, dietary, religious, and cultural needs.
- Ensure allergen safety.

Scope of the Policy

Applies to all food and drink provided on school premises from 08:30 to 2:25pm, including breakfast clubs, breaks, lunches, vending, and after-school clubs.

Mandatory School Food Standards Summary

How These Standards Are Enforced

The DfE’s *School Food in England* guidance states that **compliance with the School Food Regulations 2014 is mandatory** for all maintained schools, academies, and free schools. This includes accountability for meeting restrictions (sugar, salt, fat), minimum food group requirements, and drink standards.

The *School Food Standards Compliance Pilot* further emphasises that the standards define foods that **must be provided, must be restricted, or must not be provided**—and that monitoring mechanisms are being strengthened.

Category	Mandatory Standard	DfE / Legal Reference
Sugar, Fat & Salt Restrictions	No confectionery or chocolate; max 2 portions deep-fried/batter/breadcrumb and pastry per week; no added salt post-cooking; condiments limited to ≤10g.	DfE School Food in England; School Food Regs 2014



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Minimum Portions & Food Groups	Daily fruit/veg; 3 varieties weekly; daily starchy food; protein daily incl. oily fish 3-weekly; dairy daily; fruit desserts ≥ 2 weekly.	School Food Regs 2014 Schedules 1-2; DfE guidance
Drink Standards	Only plain water, lower-fat milk, unsweetened juices with no added sugar, compliant combination drinks; sugar-free only within statutory limits.	School Food Regs 2014 (Drinks)

Standards for Food Provision

- Starchy foods served daily; wholegrain weekly.
- Daily fruit and vegetables; variety across the week.
- Protein served daily; oily fish every 3 weeks.
- Dairy options provided.
- No confectionery or banned drinks.

Allergen Management

Compliance with Food Information Regulations 2014; clear allergen identification; risk-aware handling.

Cultural and Religious Food Provision Statement

Our school is committed to providing an inclusive, respectful, and culturally responsive food environment for all pupils. We recognise that families may have cultural, ethical, or religious dietary needs, and we ensure that our food provision reflects these expectations.

1. Acceptance of Halal, Vegetarian, and Vegan Options

We provide Halal, vegetarian, and vegan food options where required, ensuring that pupils with religious or ethical dietary requirements can access nutritious, culturally appropriate meals. These options are incorporated into regular menu cycles and prepared using safe and respectful food-handling practices to prevent cross-contamination.

2. Commitment to Family Consultation

We actively consult with families to understand and respond to pupils' cultural, religious, and ethical food needs. This includes:

- Offering opportunities for parents and carers to discuss dietary requirements.
- Ensuring transparent communication regarding menu planning and ingredient use.
- Reviewing provision regularly to reflect evolving community needs.

3. Inclusive Menu Rotations

Our menu design follows a clearly structured, inclusive rotation that ensures all pupils can enjoy balanced, culturally sensitive meal options throughout the year. These rotations include diverse



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dishes, align with nutritional standards, and ensure repeated availability of suitable choices for pupils with specific cultural or religious dietary needs.

Healthy, Non-Food-Based Rewards Statement

Our school is committed to promoting positive behaviour and achievement through healthy, non-food-based rewards as the primary approach. We recognise that encouraging pupils with praise, recognition, privileges, and opportunities contributes to their wellbeing and supports a positive school culture.

While our main focus is on non-food rewards, any foods used in exceptional circumstances - such as during celebrations or special events - are fully compliant with the School Food Standards. This ensures that all reward practices continue to align with our commitment to pupil health, inclusivity, and nutritional responsibility.

This approach reinforces healthy habits, maintains consistency with national food standards, and ensures a fair and inclusive reward system for all pupils.

Sustainability and Environmental Responsibility Statement

Our school is committed to embedding environmental responsibility within our food policy, in line with the Department for Education's Sustainability and Climate Change Strategy, which sets out the expectation that schools contribute to national climate goals and work towards becoming a world-leading sustainable education sector by 2030. This strategy highlights the importance of reducing environmental footprint, improving operations and supply chains, and ensuring sustainability education across all school activities.

1. Minimising Food Waste

We strive to minimise food waste through careful menu planning, portion control, monitoring of waste levels, and student education on the environmental impact of waste. This supports the DfE's wider aim of reducing the environmental footprint of education settings and ensuring responsible operational practices.

2. Encouraging Sustainable Packaging

We prioritise the use of sustainable, reusable, or recyclable packaging wherever possible, reducing reliance on single-use materials. This reflects the strategy's focus on improving the sustainability of school operations and supply chains, ensuring that procurement decisions support wider environmental goals.

3. Promoting Plant-Based Choices as Part of Environmental Education

We actively promote plant-based food choices to support both pupil health and environmental sustainability. As encouraged by the DfE's sustainability framework, we use school food as a platform for environmental education—helping pupils understand how diet choices contribute to reducing carbon impact and supporting the UK's progression toward net-zero goals.

Roles and Responsibilities

Governing body ensures compliance; leadership monitors delivery; catering provider designs compliant menus; staff promote healthy eating.





Monitoring and Evaluation

Regular compliance checks, menu reviews, and feedback cycles.

Policy Review

Reviewed every three years or sooner if legislation changes.



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