

St Peter's Catholic Primary School

Whole school Food Policy



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| Policy | Whole School Food Policy |
| Date | December 2025 |
| Date of review | December 2027 |
| Signed Chair of Governors | <i>Christine Murray</i> |
| Signed Headteacher | <i>Clare Scott</i> |

We, the family of St Peter's, united in faith by God strive to love, learn and grow together .

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating and supporting good oral health. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

The school food standards are mandatory for all maintained schools and intend to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided between 8am and 6pm which would include breakfast, mid-morning snack, lunch, tuck shops and after school clubs. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

For more information please refer to:

- The [DFE Standards for School Food in England](#) (updated 2023)
- The DFE School Food Standards – [Resources for schools](#) (updated 2023)
- The [School Food Plan](#) – provides a range of resources including recipes ideas, portion sizes and learning from others

For **maintained nurseries and nursery units** attached to primary schools there is a shorter set of standards for food served at lunchtime. Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the '[Eat Better Start Better Voluntary Food and Drink Guidelines](#) for Early Years Settings'.

For children aged under 5 years, schools should ensure they access free foods and drinks where available to support younger children, who have slightly different energy and nutrient needs such as the free fruit and vegetable scheme, and access to free milk.

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals. We offer healthy foods selecting lower sugar, fat and salt options and fruit/vegetable is always available. We only offer healthy drinks including plain milk and tap water. Our menu is compliant with the school food standards, and we do not offer any foods that are restricted across the whole school day/week such as meat products or pastry. Our breakfast menu is advertised on our website and can be found here: <https://st-peter.bardaglea.org.uk/parents/breakfast-club>

2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit is not offered as a snack and is only offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that each snack for 1-4 year olds.

Our snack provision is as follows:

- Nursery, EYFS and KS1 are provided fresh fruit at breaktime
- KS2 pupils are encouraged to bring in a fruit snack at breaktime
- No other snacks are provided at any other time in the school day.

2.4 School Lunches

The school lunches meet the statutory school food standards. The offer is compliant with the school food standards, where certain foods/drinks are required; restricted or forbidden. In London, all primary school pupils are currently entitled to free school meals.

For maintained nursery schools and nursery units attached to primary schools only, we use the **Eat Better Start Better** framework to make reasonable adjustments.

Our lunch menu is advertised on our website and can be found here <https://st-peter.bardaglea.org.uk/parents/school-menu>

2.5 After School Clubs

We ensure our food offer supports healthy habits and is compliant with the school food standards. Our menus are available on our website and can be found here: <https://st-peter.bardaglea.org.uk/parents/after-school-club>

The after school provision does not include any restricted or forbidden foods/drinks and aims to support children in developing healthy habits.

Children attending nursery are given an afternoon snack which is compliant with the Eat Better Start Better guidance.

2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Pupils are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for pupils at least once a day in addition to before and after school clubs. This is free of charge for pupil premium and reception aged children / all children. Children under 2 years should only be offered whole milk.

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water only' school for all pupils of reception age and older and using this [toolkit](#).

3. Special Dietary Requirements

St Peter's RC Primary does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices and any medical conditions. We work closely with parents/carers to manage any risks. We ask parents/carers and staff and any other visitors not to bring nuts on site. However, we cannot declare our site as 'nut free'.

The Catering Manager holds the file with the list of food allergies and a copy of this is also held in the medical room. This is shared with relevant staff members. Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- Paediatric First Aid
- Adrenaline / anaphylactic shock (Epi Pen) training

4. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Adequate facilities, suitable equipment, risk assessments and hazards identified.
- Staff are trained (e.g. relevant staff hold Level 2 food safety certification).
- Additional food safety measures for younger children is understood and adhered to

5. Ethos and Environment

Good quality eating environments significantly increase the uptake of school food. Our dining area offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils and promotes healthy eating habits. Pupils are able to sit at tables with their peers and are given sufficient time to eat their lunch.

Staff understand the importance of being a good role model by sitting with pupils during mealtimes, sharing key messages that support healthy eating, and by making healthy choices themselves.

6. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include pupils, parents/carers, staff, caterers, governors and partners including the borough healthy schools team.

We promote good uptake of school meals by including the following measures gathering feedback from pupils, parents and staff; addressing cultural, religious and special dietary needs.

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision and we consult with the school council at various relevant times. We actively encourage pupils from different backgrounds to join the school council.

7. Food and Drink brought into School and Parent Engagement

Packed lunches

We encourage parents to provide healthy and well-balanced packed lunches. Please see our website for our packed lunch guidance.

For younger children, we use the guide from [First Steps Nutrition Trust](#).

In addition to our guidance, we communicate the importance of a healthy balanced packed lunch and other food provision by running parent education workshops; auditing packed lunches and including information in our newsletters.

8. Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Mothers are welcome to breastfeed (or express breastmilk), and a secluded space will be provided, if required. We are signed up to Unicef Baby Friendly Initiative Standards.

We encourage pregnant women and mothers with children under four to register with the [Healthy Start Scheme](#) to access free weekly food vouchers and Healthy Start Vitamins.

9. Birthdays and Special Occasions

As a school, we celebrate children's birthdays by wearing their own clothes for the day, donating a book to the class book library and/or bringing in fruit to celebrate. We do not celebrate birthdays with sweet foods.

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. We deliver a spiral curriculum building on pupil's knowledge and skills and learning is assessed throughout.

11. Monitoring and Evaluation

SLT and the Healthy Schools Lead review this policy every 2 years, in consultation with the relevant caterers.