

Petworth CofE Primary School

Food Policy



Reviewed:	September 2026
Next Review:	September 2027
Person Responsible:	John Galvin

This policy covers all aspects of food and drink at Petworth CofE Primary School. The school is dedicated to providing an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy is referred to on the school website and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence-based findings; and the Eatwell Guide is the agreed model for ensuring a healthy balanced diet.

<https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

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>

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **John Galvin** and the member of the Senior Management Team that oversees all aspects of food in school is **John Galvin**.

FOOD POLICY AIMS

The main aims of our school food policy are for example:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too
3. To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school

These aims will be addressed through the following areas:

1. CURRICULUM

Within our broad and balanced curriculum we ensure that all children have the opportunity to understand the importance of nutrition and how diet and exercise can help us to stay healthy.

In science, the children learn about the digestive system and the Eat Well plate. We also discuss the impact of drugs on our system and keeping healthy.

In design technology, the children design their own seasonal and well balanced meals, before cooking these within the school. The children carry out food tasting, to experience a range of different fruit and vegetables.

Within RSHE, the children look at the impact of nutrition on exercise, our bodies and how eating and drinking well can make us feel.

In PE, we learn about exercise and fuelling our bodies appropriately.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the requirements for School Food Regulations 2014 is mandatory for all maintained schools including academies and free schools. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.

The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

Full details and guidance are available at:
<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england>
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at breaktime.

We encourage a fruit or vegetable only policy for break time snacks as this positively enhances the free fruit in key stage 1. We participate in the National Fruit & Vegetable Scheme

Within EYFS, we operate a rolling snack system where the children have access to fresh fruit and water throughout the school day.

SCHOOL LUNCH

Food prepared by ISS meets the School Food Standards.

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

Healthy options are promoted at lunchtime. Children/young people are consulted about food choices. Parents are encouraged to sit with their children to make choices from the ISS menu.

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the Eatwell Guide Food safety issues around packed lunches will be conveyed to parents.

USE OF FOOD AS A REWARD

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.

DRINKING WATER

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

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free 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 option at lunch everyday. ***All meals provided by ISS include a Halal option.***

SPECIAL DIETS - MEDICAL

Under section 100 of the Children and Families Act 2014, schools have a duty to support pupils at their 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 need to be 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.

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/>

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant school food supplier.

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.

6. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Before the children eat the surfaces are cleaned with an anti-bacterial cleaner. The children are encouraged to wash their hands before eating.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

8. FOOD RELATED ACTION PLANS

As a school we are aware that we need to ensure healthy and nutritious food is available across the school day. The food agenda in school is part of criteria to be assessed for the voluntary Healthy Schools rating scheme which has been designed to recognise and encourage schools' contributions to pupils' health and wellbeing as part of the commitment from the government's Childhood Obesity Plan.
<https://www.gov.uk/government/publications/healthy-schools-rating-scheme>

9. CONSULTATION/MONITORING AND EVALUATION

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.