



HARLINGTON LOWER AND SUNDON LOWER SCHOOLS **WHOLE SCHOOL FOOD POLICY**

Approved by Local Governing Committee: February 2026
Next review: February 2029

PHILOSOPHY

The schools are dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This is achieved by the whole school approach to food and nutrition documented in this whole school food policy.

This policy was formulated through consultation between members of staff, trustees, parents, pupils and the Kitchen Manager.

The following documents were used for the policy:

Legislation: The Requirements for School Food Regulations 2014 no.1603.

Guidance: School Food Standards: A Practical Guide 2025

DofE School Food in England: Advice for Governing Boards June 2025

UK Statutory Instrument: The UK Food Information Amendment (Natasha's Law) 2021

AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes;
- To provide healthy food choices throughout the school day
- To ensure that eating in school is a pleasurable experience

IMPLEMENTATION

Food and drink provision throughout the day

School meals.

School meals will meet the requirements for School Food Regulations 2014. They will be provided by Aspens. The menu is published on ParentPay for parents to view and choose meals from.

Under universal infant free school meals the schools will offer free school meals to pupils in Reception and KS1. In accordance with the 2025 expansion of eligibility, the school also provides Free School Meals to all pupils in families receiving Universal Credit, regardless of income thresholds. The school office proactively supports families with these applications to ensure maximum uptake.

Snacks

Key Stage One and Two children are allowed a piece of fruit or vegetable at break-time. Children in EYFS and KS1 have access to a range of healthy snacks throughout the week; fresh fruit or vegetables are available every day. Any snacks brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds.

Occasionally the school may hold special events where alternative foods are available, e.g. cake-selling day. However, this will be incorporated into Science and PHSE work where children are taught about a balanced diet using the Eatwell Model.

Use of food as a reward

The school will 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 will be used in school.

Drinks

Water:

The supply of drinking water required by regulation 9(1) of the School Premises (England) Regulations 2012(1) must be provided free of charge at all times to registered pupils on the school premises. All children have a water bottle or a cup that they can access throughout the school day.

Milk:

Lower fat milk (fat content of which has been reduced to not more than 1.8%) is made available on every school day at a time during school hours. The milk will be provided by the Cool Milk scheme for pupils up to the end of the school year in which they attain the age of five.

Food and drink brought into school

Packed lunches

If parents and carers choose to provide children with packed lunch they will be encouraged to provide a healthy one in alignment with School Food in England: Guidance for Local Authorities and Governing Bodies 2025. This will be achieved by promoting healthy packed lunch options using the principles of the Eatwell Guide. The school websites will have links to NHS Healthier Families website with information on how to pack a healthy packed lunch.

Special dietary requirements

All adults in school are made aware of any allergies and observances through a regularly updated medical list. There is a separate allergy policy with reference to this. Individual teachers are responsible for sourcing suitable ingredients that allow their pupils to fully engage with any cookery activities. In line with Natasha's Law (2021), the school ensures that all "Pre-packed for Direct Sale" (PPDS) foods prepared on-site are clearly labelled with a full ingredients list and emphasized allergen information. This includes food prepared for school trips or internal events.

Special diets for religious and ethnic groups

The schools provide food in accordance with pupils' religious beliefs and cultural practices and parents are asked for this information.

Vegetarian and Vegan diet

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

FOOD ALLERGY and INTOLERANCE

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The Kitchen Manager is made aware of any food allergies/food intolerance and requests for special diets using the official form supplied by Aspens. Copies of this are handed out as necessary on Home Visits as the Reception staff discuss allergies with parents. Pupils joining the school from other years are asked to complete the section on the New Starter form. The school maintains a 'Nut-Free Zone' policy to protect pupils with severe anaphylaxis.

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 hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

TEACHING AND LEARNING

Food and nutrition is taught at an appropriate level throughout each key stage across the PSHE, DT and Science curriculums.

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning, group discussions and role-play. Children should have cooking opportunities throughout the school, based around Food School Standard guidance.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with current healthy eating guidelines. To facilitate this, information is shared at regular staff meetings supported by meeting minutes on the Shared Drive and emailed information.

EVALUATION OF PUPILS' LEARNING

Aspects of healthy eating work are evaluated through activities, which have been built into the programme as part of the planning process.

MONITORING AND EVALUATION

Parents' views are captured via whole school questionnaires. Annually the Governors will complete the checklist for food as indicated in the School Foods Standards 2025. The uptake of school meals is monitored by the SLT to ensure high standards of nutrition and inclusivity are maintained.



We support children in becoming well rounded individuals where they naturally demonstrate the values of the school in all aspects of their lives.