

CASLON PRIMARY AND COMMUNITY SCHOOL

'Inspiring achievement: Today, Tomorrow and Together'.

Whole School Food Policy 2026



Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parents, carers and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead to healthier children and improved attainment. All children are encouraged to eat healthy and as a school we provide families with information to ensure a balanced diet.

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

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 it is an explicit requirement within funding agreements.

These school food standards are intended 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 for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information, please refer to:

- The DFE Standards for School Food in England (updated 2025) [School food standards: resources for schools – GOV.UK](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/School_food_standards_resources_for_schools_-_GOV.UK.pdf)
- The DFE School Food Standards – Resources for schools including a practical guide, checklists, portion sizes and allergy information (updated 2025) [School food standards: resources for schools – GOV.UK](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/School_food_standards_resources_for_schools_-_GOV.UK.pdf)
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

1 Food and Drink Provision Throughout the Day

Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served by school staff from 7.30 –8.30am and we provide the following foods/drinks at breakfast club:

- A selection of low sugar cereals with semi skimmed milk.
- A selection of healthy cereal bars.
- Toast and crumpets, low fat spread and occasional low sugar jam
- Semi-skimmed milk for drinking or with cereal
- Fresh drinking water and apple juice which is limited to less than 150ml per serving.

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 and seeds as a snack. Dried fruit should not be offered as a snack, and should only be 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 more information on snack guidelines for schools please refer to: <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide#school-food-other-than-lunch>

We provide the following snacks:

- A range of fresh fruit and vegetables are provided for EYFS and KS1 at breaktimes
- KS2 are encouraged to bring in fruit or vegetables at breaktimes

School lunches

The school lunches meet the statutory school food standards. Lunch is served for Reception and KS1 pupils between 12-1 and for KS2 from 1-2pm and is provided by Caslon Primary and Community school.

All our lunch menus meet School Food Standards, include a range of healthy, quality ingredients and we ensure to make the choice of meals appealing for all pupils. All our lunches address cultural, religious and special dietary needs including food allergies and medical conditions.

As a school we follow the [School food standards practical guide - GOV.UK](#) and ensure the standards are met to the highest quality, this includes making sure all foods consist of

- plenty of fruit and vegetables
- plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- a small amount of food and drink high in fat, sugar and salt

After school clubs

Daily wrap around care sessions are provided by knowledgeable staff that include snacks in accordance with the school's healthy eating policy and requirements.

Cooking activities are provided weekly to children in wrap around care, this incorporates skills such as using different equipment for its purpose, exploring and being exposed to new foods and ways to prepare them. Children are given the opportunity to try new foods in a safe and enjoyable way that may be linked to the school's weekly topics or learning choices.

All allergies are checked before any foods are given in after school care as children from different year groups may mix.

We provide the following foods/drinks at afterschool club:

- Sandwiches including cheese, ham or tuna
- Breadsticks / cream crackers and butter
- Fresh fruit
- Water
- Semi skimmed milk

Drinks

Children are asked to be provided with a water bottle daily for school that can be refilled using the school water dispensers. Water is available for all pupils throughout the day, free of charge. Children are actively encouraged to drink water regularly throughout the day.

Muller fresh semi-skimmed milk is available for children at breakfast, snack and at

lunchtimes.

2. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Little Jacket Potatoes Group
- Catering company/provider including the catering company nutritionist/dietitian
- Catering staff at school including chefs and lunchtime supervisors
- School Governors

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision through consultations with all pupils through the School Council. We actively encourage children from different backgrounds to join this group.

3. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Children who have school meals eat in the school hall, packed lunches are eaten in a separate area this reduces busy hall areas and ensure children are monitored closely.
- Children line up quietly and enter the hall in small groups lead by staff when needed
- Children are given colored wrist bands to correspond with meal choices to ensure swift and correct distribution of food.
- Separate lines are created for children having sandwiches or jacket potatoes to reduce the waiting times for the main food
- The menus are displayed and posters are displayed for special events around the dining hall
- The school hall has designated areas for the returning of cutlery, plates and dinner trays this ensures a clean and organized environment while eating.
- Staff partake in a weekly rota to observe and support in the lunch hall providing support for children where needed

4. Food and Drink brought into school and parent engagement

Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:
- Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat, poultry, fish and non-dairy protein e.g. pulses - Oily fish at least once every few weeks (e.g. sardines, salmon) - Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties - A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified - Water or milk (semi-skimmed or skimmed).

LIMIT:
- Processed meat products sausage rolls, pies, sausages etc - Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack - Fruit juice: no more than 150mls per day (restricted to children aged 5+)
DO NOT INCLUDE:
- Salty snacks such as crisps, nuts etc - Sweets and chocolate - Sugary soft drinks

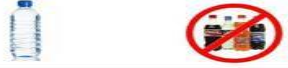
Our healthy packed lunch guidance is on the website and regular reminders are included in parent newsletters

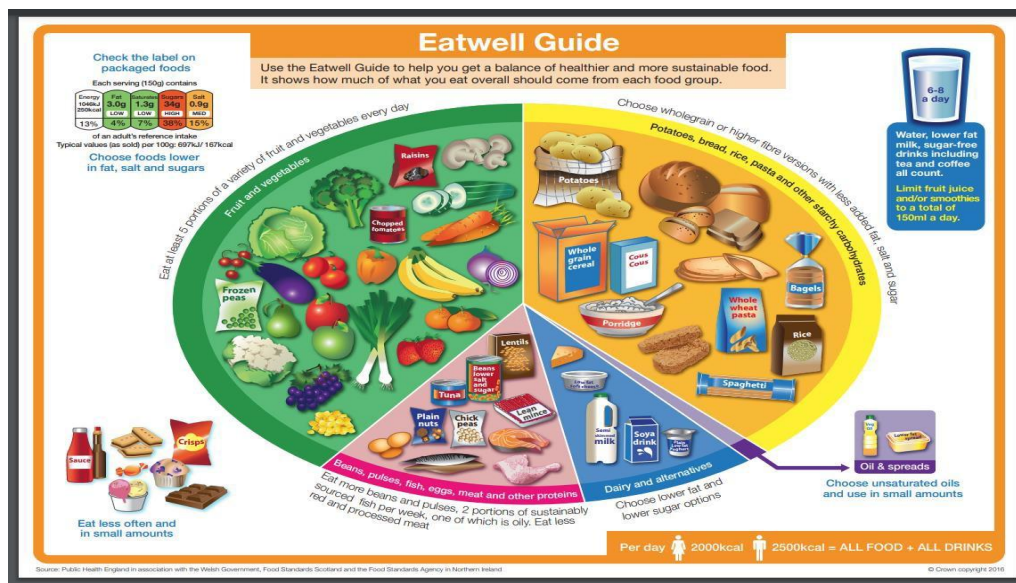
For more information and practical tips for children aged 5 years and above:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

A Healthy Packed Lunch

CHOOSE ONE FOOD FROM EACH ROW!

A starchy food: any type of bread, pasta, rice or couscous. 
A baked / savoury snack: a savoury cracker, breadsticks or baked crisps. 
A portion of fruit (grapes should be cut up for younger children). 
A portion of vegetables: could also include celery or tomatoes. 
A Dairy food: such as cheese, yoghurt or custard. 
A drink: water or a low sugar fruit juice (no fizzy drinks). 
A sweet treat: a biscuit or cake (no chocolate bars or sweets). 



The above guidance is so we can ensure pupils get a healthy, balanced diet. We know that this can be a challenge for many parents who may face resistance from their children. In school we will continue to try and encourage pupils to make healthy choices in their meals. This will be done by:

- Having fruit and vegetables available for snack times.
- Having milk available for pupils.
- Having regular tasting sessions, where pupils can try new healthy foods.
- Continue to develop our DT food curriculum so it complements our healthy eating plan.

5. Special Dietary Requirements

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including:

- Religious and ethnic groups, offering halal meals
- Vegetarians and vegans
- People with food allergies and intolerances
- People with medical conditions where dietary needs are impacted

All allergies are made aware to all staff and classes in the school including classes the allergy is not present in.

We are a nut-free school and ensure all packed lunches comply with this as well.

Staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirements:

6. Food Safety

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

- We provide safe and hygienic facilities to prepare and store all our food
- We complete regular staff training and ensure that risk assessments and hazards are identified.
- Catering staff food have completed Level 2 food safety certification
- Food waste bins are provided in the main areas of school to support recycling and safe disposal

7. 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. Cooking and nutrition is taught across each key stage in PSHE, science and DT

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science - <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

8. Extra-Curricular Activities/ Offsite Trips

When offsite for trips packed lunches can be provided to children who are entitled to free school meals. The packed lunches comply with the healthy eating standards and offer a range of balanced foods ensuring all areas of the eat well plate are included.

9. Breastfeeding

As a school we are breastfeeding friendly school

10. Monitoring and Evaluation

SLT and School Governors monitor and review this policy, including all menu provision.

Effectiveness of the policy will be assessed through:

- feedback from staff, pupils and parents
- review of the policy by SLT and governors to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

11. Policy Review

This policy will be reviewed March 2028