

Barming Primary School

Part of the Orchard Academy Trust



Food Policy

Headteacher: Mr Chris Laker

Chair of Governing Body: Rev Wil North

Date Policy Adopted:	September 2025
Policy Review Date:	September 2027
Signature of Chair of Governors:	Rev Wil North
Signature of Headteacher:	Mr Chris Laker
Policy Author:	Name: Miss Hannah Rootes
Senior Leader Responsibility for/ Subject Leader Responsible for:	Responsible for: Teaching and Learning

Rationale

Barming Pre-School and Primary School are committed to creating an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through a well-planned and taught curriculum and a variety of enrichment activities we aim to improve the health and wellbeing of children. At this school we believe a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

The policy will apply to all programmes and activities on the premises including extra-curricular clubs and Wraparound Care provision.

Aims

- To improve the health and well-being of all stakeholders within the wider school community.
- To ensure that the school provides consistent messages for food and drink.
- To provide stakeholders with confidence, skill and understanding to make healthy food choices.
- To encourage healthy lunches by promoting the school meals service. Parents who choose to provide packed lunches are encouraged to provide a healthy packed meal.
- To encourage good hygiene when handling food in curriculum time and before eating meals.
- To encourage children to drink water in class and at lunchtimes and breaks. Water is available from school water taps or from own water bottles. Children are encouraged to take water to school clubs and to refill their bottles as needed.

Objectives

Working with the school meals caterer to ensure healthy eating:

Food is provided by Nourish. Parents can request a copy of the three-week rotational menu, which includes a vegetarian option. Weekly menus will be displayed in the school reception/hall areas. Parents/Carers can also obtain these from the website.

The school and its caterer meet the nutritional standards for school meals.

The school meals provider provides food in accordance with pupil's religious beliefs.

Medical Forms and Risk Assessments are created for children with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

School caterers are made aware of food allergies and intolerances and provide individual diets as are needed.

The school works with the school meals provider to encourage children to take part in special themed meals such as the Christmas lunch or World Book Day themed lunch.

There is regular liaison with the caterers to develop variety in meals such as jacket potatoes to encourage children to take the school meals option and also to discuss issues with particular meals. The school caterers offer packed lunches for all children on educational visits to encourage healthy eating during offsite activities.

The option of school lunches is promoted at the admissions phase.

Food is presented at children's height and the cooks and other staff talk through the options.

Children are encouraged to try different foods each day by the cook and other staff.

Children are expected to choose one of the main options and vegetables or salad each day.

Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.

In EYFS a member of staff lines up with children to help them make decisions on their balanced diet.

Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.

Children who eat little are monitored and encouraged and their teachers and parents are informed.

Wraparound Food provision:

Breakfast Club operates on a daily basis in the school and is available for all children.

The food offered is healthy and is consistent with a healthy diet. We provide toast, bread, low fat spread, fruit jam, marmite, yoghurt, fruit and low salt and low sugar fortified cereals. Children choose from water, orange juice and apple juice to drink.

Similarly, Afterschool Club operates on a daily basis. The food offered is also consistent with a healthy diet. The food offered is a light-evening tea and is not intended to substitute an evening meal. Foods offered include but is not limited to sandwiches, toasties, fruit and yoghurt.

Teaching about healthy balanced diets through the school curriculum:

The school includes work associated with healthy balanced diets in its curriculum. This is taught through Science, PSHE and Design Technology lessons. The children learn about nutritional aspects of food. They have opportunities to prepare and cook food.

Children will be taught about healthy eating in school and the school policy regarding snacks and lunchboxes.

Children in Reception and KS1 are encouraged to eat the fruit from the free fruit scheme.

There is a consistent message across the curriculum about healthy eating.

KS2 are encouraged to bring fresh fruit or vegetables from home as a snack for break.

The school promotes fresh cool milk. Children under 5 are supplied free of charge. However, this is available to all children at a minimal cost. Parents can go online at www.CoolMilk.co.uk or request a form from the school office.

Children will learn about food hygiene in science and food technology lessons.

Working with families to provide healthy food at lunchtime:

The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day and recommends this option to parents.

As part of the induction into Year R, all parents are encouraged to take up the hot school meal option and receive written information about this before beginning school, including information about how allergies are catered for.

The school is flexible in offering choices so that children on a daily basis may choose a meat meal, vegetarian meal or a jacket potato.

If parents choose to provide their child with a packed lunch they are encouraged to consider healthy options.

The school promotes healthy packed lunches and asks parents not to include fizzy drinks, nut products, sweets or chocolates.

In the Appendix attached to this policy there are recommendations for a healthy lunchbox.

Birthday sweets:

Parents/Carers are actively discouraged to bring in sweets for birthday celebrations. Schools have a duty of care to ensure all children are safe and allowing treats from someone's home can be very difficult to manage for the following reasons:

- **Risk of Anaphylaxis** - due to allergies.
- **Inclusion** - As we often do not have other sweets if a child cannot eat what has been provided.
- **Promotion of healthy eating** - Some parents/carers save treats for the weekend only.
- **Frequency** – This could be daily in some classes.
- **Financial Strain** – Not all families can afford to bring in sweets, so families are peer pressured into bringing them in.

Providing a safe and healthy eating environment for children having lunch at school:

Children are required to sit at a table in order to eat their lunch. In the warmer months, there may be occasions to sit outside to eat a packed lunch if the weather is suitable. *This is at the discretion of the Headteacher.

We operate a flexible dining approach where the children are called in by class to eat to avoid the lunch hall becoming overcrowded and noisy.

Children are encouraged to eat the food provided for them either by the school or in packed lunch boxes.

Litter from packed lunch boxes is taken home at the end of the day so that parents can monitor what their children are eating.

School staff help children who need support at lunchtime to cut up food, open packets, spill or drop lunch and will encourage the children to eat the food provided for them.

In order for lunchtime to be pleasant all children are expected to follow the school behaviour expectations and to be polite and helpful to each other.

Children are expected to leave the table tidy after eating and to return plates and cutlery to the area defined by the catering staff.

School staff clean the table so that other children coming to the table have a clean place to eat.

All staff seek to praise the children who show good behaviour and manners at lunchtime.

Curriculum:

The Headteacher, with the support of the Senior Management Team, will monitor the curriculum regularly to ensure that pupils have opportunities to learn:

- About different types of food in the context of a balanced diet, using the “eat well plate”.
- How to plan, budget and prepare meals.
- Understand the importance of moderate consumption of foods high in sugar, salt and fat.
- The importance of trying a range of foods in order to develop their tastes.

Pre-School:

Our school food policy extends to our Pre-School, where we are committed to ensuring our children have healthy, balanced, and nutritious lunches and snacks for our youngest pupils. This aligns with the new Department for Education (DfE) guidance for Early Years Foundation Stage (EYFS) providers, which we are required to follow from September 2025.

Key Aims of Our Pre-School Food Provision:

- **Responsive Feeding:** We will feed children in response to their individual hunger and fullness cues, at their own pace. This helps build a positive relationship with food from a very young age.
- **Balanced Meals:** We encourage our parents/carers to try and include the four main food groups: fruit and vegetables, starchy carbohydrates, dairy or alternatives, and proteins. When making their lunches for Pre-School and aim to offer a wide range of flavours and textures to encourage adventurous eating.
- **Packed lunches:** We encourage our parents/carers to ensure food is cut up and ready to eat. Children need to become independent with the aim of eating unaided. Especially fruit; e.g. peel oranges, cut up grapes and think about the size of fruit.
- **Reducing Sugar and Salt:** Sugary drinks, including fruit juices, will not be routinely offered. Water and milk are the primary drinks available.
- **Allergy and Safety:** The new guidance places a strong emphasis on managing food allergies and preventing choking risks. We will work closely with you to understand your child's dietary needs.
- **Sitting:** Children will be encouraged to sit at all times when eating and drinking and sometimes we will ask the children to sit unaided. We ask all parents/carers to support us with this process by mirroring this at home.

Our policy is to support every child's healthy growth and development, setting the foundations for a lifetime of good health. We will share our menus with you and are always happy to discuss our approach to nutrition and wellbeing.

Governors

The Governor with responsibility for health and wellbeing will monitor and ensure that the school food policy is upheld and offer guidance where a member of the body has a particular expertise in this area.

Responsibilities for Implementation

Senior Management Team, Subject Leaders, Teachers will be responsible for cross curricular development.

Contractors and School leaders are responsible for ensuring quality of food offered in line with National and Local Nutritional Standards.

From September 2014, All children in Reception, Year 1 and Year 2 in state funded schools in England were eligible for free school meals. This included infant pupils in maintained infant and primary schools, free schools, academies, schools for pupils with special educational needs and pupil referral units.

Free school meals continue to be available to pupils (including infants) whose parents receive certain benefits and who are registered to receive one. During school holidays, school lunch provision will be supported for these families using the voucher system.

Appendix A

How to pack a well-balanced lunch box - focus on the food groups

To ensure we are working in-line with the School Food Standards, we have the following expectations for packed lunches:

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150ml), or semi-skimmed milk or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- meat products such as sausage rolls, individual pies, corned meat and sausages.
- cakes and biscuits but encourage your child to eat these as part of a meal and be mindful of appropriate portion sizes.

Packed lunches should not include:

- salty snacks.
- confectionery such as chocolate bars and sweets.
- sugary soft drinks and fizzy drinks.

As an **Allergy Aware School**, we ask that parents do not include food items containing nuts in packed lunches so that we are able to support those children who have nut-based allergies.

Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates
to re-fuel your body
Base your lunchbox on starchy carbohydrates.
Choose ONE EVERY DAY from:
✓ Bread, rolls, bagels, wraps, pitta or baguettes
✓ Pasta
✓ Couscous
✓ Noodles
✓ Potatoes
Choose wholegrain

2 Fruit and Vegetables
to keep you healthy
Pack one portion of fruit and one portion of veg every day
Choose TWO EVERY DAY from:
✓ Apple, banana, pear, orange, plums
✓ Small pot of mixed berries or grapes
✓ Prepared melon or mango
✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
✓ Salad vegetables
✓ Vegetable Soup
Add salad to your sandwiches

3 Dairy and Alternatives
for healthy teeth and bones
Don't forget the dairy!
Choose ONE EVERY DAY from:
✓ Milk
✓ Cheese – hard cheese, soft cheese, cheese spread
✓ Yoghurt or Fromage Frais
✓ Custard
Choose low sugar dairy products

4 Protein Foods
for growth and repair
Pack a protein punch!
Choose ONE EVERY DAY from:
✓ Meat
✓ Fish
✓ Eggs
✓ Non-dairy protein e.g. lentils, chick peas, beans
Keep processed meat to a minimum
Choose oily fish like salmon once every 3 weeks

5 Drinks
to rehydrate your body
✓ A large glass of water
✓ Semi skimmed milk – or skimmed milk for children over 5 years.
✓ 150ml of fresh unsweetened fruit juice/smoothie
Milk, water or 150ml juice

Occasionally!
Meat products such as sausage rolls, pies, sausages
Plain cakes/sponges and biscuits of appropriate portion sizes
Plain cakes occasionally

Use a thermos flask to keep pasta warm
Get kids involved in the choice of lunch
Use a thermos flask for delicious soups
Reduce sugar: choose plain yoghurt and have fruit on the side

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

Design and print tangleycreative.co.uk May 2019, LC 4666 www.phunkyfoods.co.uk

Appendix B

We are an Allergy Aware School and work closely with our catering provider to safeguard our children. However, the catering for lunch is subcontracted and not prepared or cooked by school staff.

Parents/Carers are reminded about healthy and safe packed lunch regularly via ClassDojo and our Newsletters.

Hall lunch staff remain as vigilant as possible.

The 14 regulated allergens in the food are shown below:

