

# FELSTED PRIMARY SCHOOL

## WHOLE SCHOOL FOOD POLICY



Nurturing today's minds for tomorrow's challenges

- Be Respectful
- Be Kind
- Be Safe

To be reviewed July 2027



# WHOLE SCHOOL FOOD POLICY

## Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Sex and Relationship Policies.

Felsted Primary school supports the '5 a day' campaign (at least!) to encourage children to eat 5 portions of fruit and/or vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take?
- How do we review and evaluate progress?

Through effective leadership, the school ethos and curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.



# AIMS AND OBJECTIVES

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat at least '5 a day'

## Snack

The 'Cool Milk' scheme is available to all children, upon a termly charge.

All FS and KS1 classes include a morning breaktime snack of cut and washed fruit to all children (as part of the Government initiative to provide all infants with free fruit and vegetables during the day).

KS2 children are recommended to bring in their own snack which they eat in the classroom at a designated time. Having reviewed our snack policy the School Parliament have come up with the following agreed list of snacks:

- Hummus / guacamole with e.g. carrot, cucumber, peppers, celery sticks, breadsticks, pitta bread e.g. eat lean grated cheese, Arla mature cheddar cheese, Baby Bel,
- Breadsticks – e.g Asda Breadsticks
- Plain / Greek yogurt with fruit
- Toast – preferably brown, wholemeal, granary bread, with topping
- Sandwiches e.g. [Healthy sandwich recipes | Good Food](#) See below
- Bagels and filling
- Banana bread
- Rice cakes / oat cakes, corn cakes– suggested toppings avocado, cream cheese, hummus, grated cheese and apple, etc.
- Hard boiled eggs
- Falafel
- Steamed vegetable batons, e.g. broccoli, green beans, baby corn, etc.
- Savory flapjacks – no sugar in baking. E.g. [Healthy Flapjack Recipe \(Gluten Free, Sugar Free\) Healthier flapjacks recipe | Good Food](#)
- Granola bar
- Overnight oats (if children can manage this independently in the classroom) See below for recipe from the School Parliament
- Wedges of frittata
- Range of fruits and vegetables
- Cheese and crackers – recommended crackers: Ryvita, Jacobs Cream Crackers, Peter's Yard Sourdough crackers, Crunchmaster Multi-Grain crackers
- Savory cupcakes / muffins (no sugar) e.g. [Vegetable Savoury Muffins - Healthy Little Foodies](#)
- Cheese, fruit, plain scone – see below for recipes
- Oat bars

Sweets or treats will not be given out by staff as part of a child's birthday celebrations. Sweets/cakes will be permitted for fund raising events and special fun days and school fetes.

## School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot meal, prepared on site, which pays regard to nutritional balance to healthy options and also caters for children with allergic reactions. We also aim to source environmentally-sustainable food.

We follow guidance from the Essex Child and Family Wellbeing Service.

Eating a healthy, balanced lunch is important to make sure children get the nutrients and energy to see them through the school day. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives you control over the foods and drinks included.

A school lunchbox should:

1. Be based on starchy foods

- This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible choose wholegrains or other high fibre varieties such as wholemeal bread and potatoes with the skins on.

2. Include plenty of fruit and vegetables

- Include at least 1-2 portions and vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- You could also include packs of chopped fresh fruits or individual packs of dried fruits. Dried fruit can stick to teeth, which may lead to tooth decay, so it's best to keep dried fruit to mealtimes and not give them as snacks.

3. Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a salad.
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add a yogurt or some cheese, such as a Cheddar stick, to the lunchbox.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

4. Include a drink

- Healthy options include water, semi-skimmed or 1% milk.

We also advise that foods high in fat, salt and sugars are to be avoided or limited as much as possible (such as crisps, confectionary and sugary carbonated drinks).

Children may bring in one small chocolate covered item, e.g. a kit kat. Following all national guidelines, we would recommend that this is a weekly or fortnightly treat.

We ask parents for your support in following our lunchbox guidelines. As always the contents of a child's lunchbox is down to parental discretion and we would not stop a child eating their lunch unless they have multiple chocolate items or fizzy drinks. We are also aware that some children have very specific needs around food, e.g. a limited diet and ask parents to inform us if this is the case.

**Water for all**

Water is freely available throughout the school day to all members of the school community. Water only is permitted during the day and children may drink their water at any time except during assembly. FS and KS1 children are also reminded to drink water at their snack time. Milk is available with lunch if the children choose. Fizzy drinks are not allowed.



# FOOD ACROSS THE CURRICULUM

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes and farming. They also need to know about shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, instruction, persuasion, argument and narrative work using food and food related issues as a stimulus.

**Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients, data handling about favourite foods and surveys about food choices.

**Science** provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Also, how food changes when it is cooked, seasonal variations and conditions for growth.

**RE** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

**Computing** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils may design packaging and adverts to promote healthy food choices.

**Design Technology** as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

**PSHE** encourages pupils to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and the role of the media.

**Humanities** Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

**P.E.** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

**Extra Curricular Activities** - a variety of activities promote physical and emotional well being. These currently include a range of sports clubs.





# STAKEHOLDERS

## **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. We have consulted with all stakeholders when reviewing this policy and worked in partnership with the Essex Child and Family Wellbeing Service.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

## **Role of the Governors**

Governors influence and approve the policy, ensuring strategic alignment. Governors monitor and check that the school policy is upheld.

## **Monitoring and Review**

Subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher and the PSHE subject leader are responsible for supporting colleagues in the delivery of the Food Policy. The L.A. is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed regularly to take account of new developments.