

Moss Park Primary School



Whole School Food Policy

Date Reviewed	March 2025
Date Approved	16 th June 2025
Relevant Committee	Curriculum, Standards and Welfare
Review Period	March 2028
Policy Type	Non-Statutory

Introduction

This policy covers all aspects of food and drink at 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 was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is referred to in the school prospectus and added to the New Starter packs. It is communicated to the entire school community, including the Staff Handbook and the Parent tab on the school website. 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>

Further information can also be found in the School Food Plan (2014)

www.schoolfoodplan.com

Food Policy Coordinator

This school food policy and healthy eating strategy is coordinated by ***the Governing Body Curriculum, Standards and Welfare committee*** and the member of the Senior Management Team that oversees all aspects of food in school is ***Sally Nunwick (Headteacher)***.

Food Policy Aims

The main aims of our school food policy are:

- To adopt a whole school approach to promoting and teaching the benefits of healthy eating to staff and pupils.
- To positively influence the health of the pupils and staff through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods.
- Through our curriculum, we endeavour for pupils to become competent and confident in a range of cooking techniques so they are able to cook for themselves and others confidently.
- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and pupils and promotes inclusion (e.g religious, medical, vegetarian and allergenic needs).
- To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.

These aims will be addressed through the following areas:

1. Curriculum

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy.

In our **PSHE** curriculum:

- They talk about food and that some foods are healthier than others (EYFS)
- the children learn about healthy and less healthy choices and how these choices make them feel

- the children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices
- The children discover facts about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health.

In our **Science** Curriculum:

- In KS1 children learn that food is one of the basic needs for animals including humans to survive along with water and air.
- In KS1 the children learn the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. They learn about what basic nutrition they can get from different types of food.
- In KS1 the children learn what a balanced diet means and identify different examples for each food group.
- In lower KS2 children learn that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- In lower KS2 they learn about the basic food groups using the NHS Eatwell guide. They understand what nutrition they get from carbohydrates, protein, fibre, fruits and vegetables and fats.
- In lower KS2 the children research different food groups and how they keep us healthy and design healthy balanced meals based on what they find out.
- In upper KS2 children recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.
- In upper KS2 the children describe the ways in which nutrients and water are transported within animals, including humans.
- In upper KS2 children learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.
- In upper KS2 children explore the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.

Extra-Curricular Opportunities

- Cooking Club - Reception to Year 6
- Freddie Fit - nutrition and hydration sessions
- Cooking and baking for events such as Black History Month, VE Day, Children in Need, Macmillan Coffee Morning
- UA92 - nutrition and hydration sessions
- Visits to Pizza Express, local shops and greengrocers
- Growing herbs, salads and vegetables to eat

2. Teaching methods and resources

Food Tech Room, visitors, media etc.

- We base our food technology, cooking and baking activities in our purpose built Food Tech Room - this has 4 bases with cookers, hobs, sinks, preparation and storage facilities to encourage independence and develop life skills
- Examples of resources we use are:
- Eatwell Guide [The Eatwell Guide - NHS](https://www.gov.uk/government/publications/the-eatwell-guide)
- <https://www.gov.uk/government/publications/the-eatwell-guide>
- School Food Standards [School food standards: resources for schools - GOV.UK](https://www.schoolfoodplan.com)
- Relevant information from School Food Plan (2014) www.schoolfoodplan.com
- Public Health resources from the School Zone <https://campaignresources.phe.gov.uk/schools>
- Food Teaching in Primary schools (2015) [Food teaching in primary schools: knowledge and skills framework - GOV.UK](https://www.schoolfoodplan.com)
- Our Projects on a Page Design Technology topic units

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 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:

[School food in England - GOV.UK](https://www.gov.uk/school-food-in-england)

[School food standards: resources for schools - GOV.UK](https://www.gov.uk/school-food-standards-resources-for-schools)

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards for school food other than lunch. Checklist for school food other than lunch [School food standards: resources for schools - GOV.UK](https://www.gov.uk/school-food-standards-resources-for-schools)

The breakfast menu includes: *milk, water, a variety of fortified cereals, toast and fruit loaf, crumpets, yoghurt, fruit and raisins*

Break time 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 break-time. We regularly communicate our approach in texts, emails and newsletter – fruit, crackers, vegetables are preferred. We do allow cereal bars. We ask that pupils not bring in crisps, confectionery or items that contain chocolate or iced sugar/sugar or processed savoury snack items. We inform parents that these will be kept back by staff and given back at the end of the day. These are not allowed in school. Only water is allowed for breaks and snacks in school and all our water is drinkable.

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 (Schools that want to receive free fruit and veg from this scheme should contact SFVS@supplychain.nhs.uk or call 03306 780 926) and this is distributed by class monitors each morning.

Early Years Snacks and Food Education

Every child in Early Years is provided with a piece of fruit or vegetable each day from the free fruit and vegetable scheme. We provide additional snacks on top of that inclusive of children with allergies such as rice cakes and raisins. We follow the EYFS Framework to ensure that meals, snacks, and drinks are healthy, balanced and nutritious. Fresh drinking water is always available and accessible to children. Children are always in sight and hearing of a member of staff while eating.

School Lunches

Our school lunchtimes and sittings are staggered to meet the needs of our 450 pupils. They are provided by Trafford Catering. Food prepared by the school catering team meets the School Food Standards. We have one kitchen between the two dining halls - one for Nursery to Year 2 and one for Year 3 to Year 6. Our dining halls offer a clean, sociable environment that is welcoming, promotes social interaction amongst pupils, and encourages good manners at all times. Pupils sit with their peers and in upper KS2, they sit in House Teams.

We have a Top Table each Friday for pupils who have been particularly helpful in the Dining Hall and Playgrounds. We encourage our pupils at Year 1 to clear their plates and provide stickers and encouragement for them to do so. This includes clearing their own plates after lunchtime to give them a sense of responsibility and independence. Lunchtime supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

In order to promote enjoyment of food and increase pupil involvement in their choices of lunch, we use the EVOLVE system so that parents and pupils can choose their lunches and have confidence that their religious, ethical and allergenic needs are being met. Water and milk are available for all pupils at lunchtime including those on packed lunches.

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. To obtain free school meals for your child you need to apply online [Trafford Council OFSM application form](#). If your application is granted the school will be notified and you will be informed by email. For more information on Trafford Free School meals please follow the link [Free school meals](#). Healthy options are promoted at lunchtime.

We cater for pupils with allergies and intolerances. We follow the statutory guidance on [supporting pupils at school with medical conditions](#). This is in line with Trafford Catering Team's policy.

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 and our Packed Lunch Guidelines. This will ensure children having packed lunches have a healthy balanced meal. We allow pupils to bring in warm food using thermal containers.

Food safety issues around packed lunches will be conveyed to parents.

Fizzy drinks, energy drinks and confectionery are not allowed in packed lunch boxes. We are a nut free school and midday staff are able to remove items containing nuts from lunchboxes and hand them to SLT.

After School Club

The food and drink provision at our after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches. The ASC menu includes: *milk, juice, wraps, teacakes, toast and fruit loaf, cheese, crumpets, pancakes, yoghurt, fruit and raisins*

Use of Food as a Reward / Birthdays

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. We use rewards such as non-uniform, extra breaks and activities. Other methods of positive reinforcement are used in school. We do allow pupils to bring in sweets for birthdays - this is not a regular occurrence and we recognise that a balanced diet does not eliminate occasional sweets. We control food brought in for parties by providing a list and allocating items to families. When we have cake sales, parents must list ingredients and allergens so that people can make informed choices.

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. Water bottles are encouraged to be used at break times and all our shared areas have sinks with drinking water. The Wellbeing Ambassadors have placed signs on these sinks to encourage their use. We also have drinking water fountains on the playgrounds.

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

School caterers offer a vegetarian option at lunch every day.

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.

We are unable to cater for food preferences unless this is specifically detailed in an EHCP provision map for a pupil or there is medical evidence from a dietician that a child must have an alternative provision.

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these. Parents of a child who has medically evidenced food allergy or intolerance should complete the *Food allergy and intolerance management* form (available at the school office) prior to ordering school dinners for their child.

On entry to school, parents complete registration documents. These include *food allergy and intolerance* forms. Discussions then take place with the Admin team and parents. We liaise closely with Trafford Catering Team who run our Evolve ordering systems and operate our school kitchen.

Although we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. Moss Park Primary Food policy, Allergy Policy and School Brochure outline that children are not permitted to bring nuts or products (bought or homemade) that contain nuts. We try to minimise the risk by adopting a culture of allergy awareness and education. We encourage all staff and parents to access free Food allergy and intolerance online training provided by the Food Standard Agency.

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 [School food standards: resources for schools - GOV.UK](#) and Allergy UK [Managing Allergies at School](#)

5. Food Safety and Staff Training

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. All staff have a basic training in Food Hygiene Level 1, Food Allergy Awareness and Children with Allergies - Anaphylaxis.

There are always First Aiders on duty during Breakfast Club, breaks, lunchtime and After School Club. We make sure that First Aiders are always included in staffing for school trips.

6. 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. [Healthy schools rating scheme - GOV.UK](#)

7. Consultation / Monitoring and Evaluation

This policy has been developed through wide consultation with the whole school community including parent and staff governors. The policy and its impact is reviewed on an ongoing basis. The policy is communicated to the entire school community via policies on the website, information about updated policies on the weekly bulletin and via email/text and in our new starter packs so that new families/staff to our school are made aware of its importance.

S Nunwick March 2025