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Cromford Church of England **Primary School Food Policy**

Why do we have a food policy?

- Because a food policy that promotes healthy eating will make a significant contribution to the health and well-being of our students
- Because we believe there is a direct link between healthy eating and learning
- As part of our contribution to promoting a healthier lifestyle in our community

What do we want to achieve?

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- An increase in the number of pupils who enjoy the food they consume at school.
- Improved understanding of the terms such as "balanced diet" and "healthy eating" and more children choosing healthy options
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes an environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented

1. School Ethos
2. Curriculum
3. Breakfast Club/ After School Club
4. Break time
5. Lunchtime
6. Staff and Visitors
7. School Visits and Events
8. Community Involvement
9. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate and model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

Curriculum

PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It maybe appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and

inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar and salt will be avoided.

Unhealthy foods will not be used as rewards.

Parents sometimes wish to give out birthday food.

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Breakfast Club/After School Club

The food offered is consistent with the school policy and monitored by the Head.

Break time

At break times our pupils are only allowed to consume water and fruit. Fizzy drinks are not allowed. Water or milk is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a nut allergy.

Lunchtime

Lunches meet/exceed the national guidance. **All** pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are sold. Water is always freely available.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal.

Packed lunches are monitored and the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff and students.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example, practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Enforcement

Many schools have quite justifiably chosen to ban un-healthy snacks at break times and to have only water drunk in school. For e.g.: to improve pupils' learning and behaviour after break; peanut allergies; or to solve a litter problem.

If you are going to go down this path you need to think about how to enforce these rules and the best way to make it effective in your community.

The more careful and genuine consultation that has taken place will make enforcement easier. For e.g.: a school council issues the healthy snack policy to parents and asks for their comments. Don't forget it's a balanced diet!

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LEA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

Policy Links

PSHE

Science

Food Technology

Design and Technology

RE

Languages

Physical Activity

Behaviour

External Contributors