

PARKGATE JUNIOR SCHOOL



Whole School Food Policy

Date: Summer 2026

Review Date: Summer 2028

Co-ordinator: Sarah Drake

Person Responsible: SLT

Introduction

Parkgate Junior School provides an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. This policy should be read alongside the school's PSHCE, P.E. and Science curriculum on a page documents.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and 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.

Aims:

- 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 their '5 a day'.
- Food allergies and dietary needs are managed effectively
- Food safety and hygiene practices are followed, including proper food preparation to prevent choking
- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy, nutritious and safe food and drink

Legislation and guidance:

This policy is based on the following legislation:

[The Requirements for School Food Regulations 2014](#)

[Food Information \(Amendment\) \(England\) Regulations 2019](#)

It is also based on the following Department for Education (DfE) guidance:

[School Food Standards practical guidance](#)

[Allergy guidance for schools](#)

Responsibilities of the school

The governing board and headteacher will make sure that this food and nutrition policy is properly implemented, and that food preparation, provision and nutrition procedures are followed in accordance with this policy.

All staff are responsible for following the policy and ensuring the health and safety of the children.

Responsibilities of parents / carers

We work in partnership with parents/carers to make sure all children receive appropriate and nutritious food while at school.

We ask all parents/carers to:

- Inform school of any allergies or medical requirements, and update of any changes
- Encourage their child to eat a balanced diet at home and at school
- Give their child a healthy breakfast before arriving at school
- Send children into school with a named water bottle filled with water each day.

Water

The Food Standards Agency recommends that everybody should drink 1.5 - 2 litres of fluid each day. We are committed to promoting this advice.

- On entry to Year 3, all children will be provided with a school water bottle which will be named.
- While they are encouraged to go in their break times, children will have free access to go to the toilet and will be encouraged to drink water during the day.
- All water bottles will be taken home daily where parents are responsible for cleaning, refilling bottles with water and returning them to school.
- All bottles must contain water only.
- Any lost or broken bottles may be replaced by the parents or children can bring in their own bottles from home.
- Water bottles can be filled from any tap in the school, including classroom sinks. This is indicated by a green 'Drinking Water' sign.
- Water bottles will be accessible to children in class.
- Water may *not* be consumed during science lessons in line with Health and Safety guidelines.
- Water bottles must be placed on the floor or away from devices like chrome books/laptops or Science equipment.
- Water can be taken to P.E. lessons or the children can use one of the outside water fountains.

Snacks

Parkgate Junior School wants to ensure that children choosing to have a snack at breaktime are having healthy, nutritious food which will support their learning when they come back into class. Children are encouraged to bring a selection from the following to eat at breaktime: fruit, dried fruit, vegetables, breadsticks, plain crackers or plain rice cakes. If children bring a snack that is not on this list, it may be removed by a member of staff if we feel it is not appropriate for breaktime and returned at the end of the day.

Food provided at school

We follow the [School Food Standards](#), except in relation to food provided in the following circumstances, to which the standards don't apply:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events e.g. school disco
- When teaching food preparation and cookery skills
- We provide healthy, balanced, varied and nutritious meals at lunchtime if parents choose for their child to have a school lunch. Snacks or fruit at breaktime are not provided by the school.

Caterlink

We work closely with Caterlink to promote their menus designed to encourage children to eat a balanced meal. We also have themed menus to encourage children to try new foods.

Each school meal will include: 1 portion of protein, 1 portion of carbohydrates, 2 portions of vegetables, a choice of salad available for children to choose from, freshly baked bread and a homemade dessert. Children can choose from 2 hot meal options (often a meat and vegetarian option), jacket potato, tuna baguette or cheese baguette each day.

Caterlink use our food preparation area to prepare meals. Staff with responsibility for food preparation and handling are competent and receive food hygiene training. **All** staff wash their hands regularly, particularly after helping unwell children or handling their belongings.

Food brought in from home

We share our food and nutrition policy with parents/carers when children join the school to help them understand our requirements and encourage healthy choices for packed lunches, and any other food brought from home.

As we are an allergy aware school, no food containing nuts can be brought into school. Due to allergies and preferences of children in the school and to encourage a consistent healthy eating message, we do not allow children to bring in food to share with other children (e.g. sweets on their birthdays). If children or parents want to do this, they must hand out the food after the children have been dismissed for the children to take home.

Packed lunches

We allow parents / carers to provide packed lunches for their child. Each packed lunch must be placed on the year group trolley when the child arrives at school in the morning. It should be a balanced meal including fruit / vegetables. Children can drink squash or juice with their packed lunch, or water will be available in the dining hall. Balanced packed lunches should include fruit and vegetables, a starchy food such as a sandwich or wrap and a source of protein (e.g. meat, cheese, eggs or hummus). They may also include a dairy item (e.g. yoghurt or cheese) and a small savoury snack such as crisps. A small chocolate bar, biscuit or cake may be included as an occasional treat.

We will share the school food matters packed lunch guidance and NHS healthier lunchbox ideas with parents alongside this policy.

[School food matters packed lunch guidance for parents](#)

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

Packed lunches must **not** include:

- Food containing nuts
- Sweets
- Fizzy drinks

We inform parents/carers about best practices for packing lunches, and ask them to:

- Use insulated, sealed bags for perishable foods
- Consider food safety advice when reheating foods and keeping them warm for lunchtime
- Label lunch bags and their contents with the child's name
- Make sure that the food is suitable for the child's developmental needs and is prepared in a way to prevent choking

Safer eating

To ensure children's safety when eating their lunch, children are to be seated and within sight and hearing of a member of staff.

Allergies and intolerances

Before a child joins our school, we gather detailed information about any known food allergies or intolerances

All staff are trained to be aware of and understand information about food allergies by:

- Knowing the symptoms and treatments for allergies and anaphylaxis
- Knowing where auto injectors (epipens) are stored and the process for accessing / administering them
- Understanding the difference between allergies and intolerances
- Being aware that children can develop allergies at any time
- Supervise children at lunchtime to try to avoid food sharing

We share information about food allergies with all staff and make them aware of which children have allergies or intolerances so they can ensure that the child is given an alternative where the food served contains an allergen.

Caterlink provide individual menus for children with allergies, parents can complete a form and a menu is provided to the parents

The 14 allergens that we track and highlight are:

- Celery
- Cereals containing gluten, such as wheat, barley, oats and some flours
- Crustaceans, such as prawns, crab and lobster
- Eggs
- Fish
- Lupin, such as bread made with lupin seeds

- Milk
- Molluscs, such as mussels and oysters
- Mustard
- Peanuts
- Sesame
- Soybeans
- Sulphur dioxide and sulphites, if they're concentrated at more than 10 parts per million
- Tree nuts, such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

Preferences

We understand that food preferences can be linked to cultural backgrounds, religious beliefs, or personal choices, such as vegetarianism.

An inclusive eating environment that caters for the dietary needs of all children is created by:

- Communicating openly with parents / carers to understand specific food preferences or needs, such as halal or kosher.
- Adapting menus to include food from different cultures.
- Always have at least one vegetarian option available each day
- Offering a halal option once a week

For children with physical, developmental, or sensory issues affecting their eating, we work with parents/carers and health professionals to:

- Adapt food preparation methods
- Offer more adult support if needed
- Adjust the eating environment

Food across the curriculum

At Parkgate Junior School there are several 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 from such as shopping, preparing and cooking food in lessons such as PSHE, Science and Design Technology. This includes 'Healthy Eating Week' and other themed days throughout the school year.

Monitoring and review

All staff are responsible for the curriculum development of the Food Policy. The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy.

Signed:

Date: