

CHBP School Federation

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'As a federation, and as individual schools, we are committed to the wellbeing of all of our community - this is an integral part of each school's culture and ethos. Policies are formulated and implemented with this in mind, placing the wellbeing of all at the forefront at all times.'

Whole School Food Policy

May 2025

	Date
NEXT REVIEW DUE	September 2025

Whole School Food Policy Template

Church Hill & Brunswick Park Federation

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating and supporting good oral health. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

The school food standards are mandatory for all maintained schools and intend to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided between 7.45am and 6pm which would include breakfast, mid-morning snack, lunch, tuck shops and after school clubs.

For more information please refer to:

- The [DFE Standards for School Food in England](#) (updated 2023)
- The DFE School Food Standards – [Resources for schools](#) (updated 2023)
- The [School Food Plan](#) – provides a range of resources including recipes ideas, portion sizes and learning from others

[Brunswick Park Nursery enhance their menu to meet the ‘Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings’.](#)

For children aged under 5 years, schools should ensure they access free foods and drinks where available to support younger children, who have slightly different energy and nutrient needs such as the free fruit and vegetable scheme, and access to free milk.

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals. We offer healthy foods selecting lower sugar, fat and salt options and fruit/vegetable is always available. We only offer healthy drinks including plain milk and tap water. Our menu is compliant with the school food standards, and we do not offer any foods that are restricted across the whole school day/week such as meat products or pastry.

2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit and vegetables as a snack. Dried fruit is not offered as a snack and is only offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

2.4 School Lunches

The school lunches meet the statutory school food standards. The offer is compliant with the school food standards, where certain foods/drinks are required; restricted or forbidden. In London, all primary school pupils are currently entitled to free school meals.

For Brunswick Park Nursery, they use the framework provided by ISS to make reasonable adjustments.

2.5 After School Clubs

We ensure our food offer supports healthy habits and is compliant with the school food standards. The after school provision does not include any restricted or forbidden foods/drinks and aims to support children in developing healthy habits.

2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Pupils are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for pupils at least once a day in addition to before and after school clubs. This is free of charge for pupil premium and reception aged children. Children under 2 at Brunswick Park Nursery are only offered whole milk.

We only provide drinks that are unsweetened, unfortified and additive free in line with permitted drinks detailed within the School Food Standards (for children aged 5 years and older). We do not provide any other drinks including flavoured water, soft drinks and fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

3. Special Dietary Requirements

Church Hill & Brunswick Park Federation does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices and any medical conditions. We work closely with parents/carers to manage any risks. We ask parents/carers and staff and any other visitors not to bring nuts or sesame on site.

The Catering Manager holds the file with the list of food allergies and a copy of this is also held in the medical room. This is shared with relevant staff members. Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- Paediatric First Aid
- Adrenaline / anaphylactic shock (Epi Pen) training

4. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Adequate facilities, suitable equipment, risk assessments and hazards identified.
- Staff are trained (e.g. relevant staff hold Level 2 food safety certification).
- Additional food safety measures for younger children is understood and adhered to

5. Ethos and Environment

Good quality eating environments significantly increase the uptake of school food. Our dining area offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils and promotes healthy eating habits. Pupils are able to sit at tables with their peers and are given sufficient time to eat their lunch.

Staff understand the importance of being a good role model by sitting with pupils during mealtimes, sharing key messages that support healthy eating, and by making healthy choices themselves.

6. Menu Development and Consultation

The catering company engages with key stakeholders before implementing any menu changes and these include pupils, parents/carers, staff, caterers, governors and partners.

We promote good uptake of school meals by including the following measures gathering feedback from pupils, parents and staff; offering regular tasting sessions; addressing cultural, religious and special dietary needs.

7. Food and Drink brought into School and Parent Engagement

Packed lunches

We encourage parents to provide healthy and well-balanced packed lunches. Please see our website:

<https://brunswickparkbarnet.co.uk/parents/lunch-menu/>

for our packed lunch guidance. For younger children, we use the guide from [First Steps Nutrition Trust](#). In addition to our guidance, we communicate the importance of a healthy balanced packed lunch and other food provision by including information in our newsletters.

8. Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Mothers would be offered a secluded place where they are welcome to breastfeed (or express breastmilk) if required.

9. Birthdays and Special Occasions

As a school, we celebrate children's birthdays whilst encouraging parents to make healthy choices in terms of treats that they provide.

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. We deliver a spiral curriculum building on pupil's knowledge and skills and learning is assessed throughout.

12. Monitoring and Evaluation

Staff feedback regarding physical activity throughout the year. Heads of Schools meet appropriate staff annually to review policy and update as appropriate.

13. Policy Review

Policy Implementation Date: September 2024

Next Review Date: September 2025

Signed: Jo Porter

Date: