



Heritage Coast Federation

School Food Policy



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School Food Policy

Introduction

In the Department for Education document 'School food in England: Departmental advice for governing bodies, Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches.

This policy has been reviewed to take into account and comply with the mandatory national School Food Standards (updated November 2025). **These standards:**

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

Context

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.

Plus if we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

Rationale

At the Heritage Coast Federation, we are dedicated to providing an environment that ensures the healthy choice, is the easy choice. We recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school.

We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, all elements of the school day are brought together to create an environment that supports a balanced lifestyle to all members of the school and wider community. At The Heritage Coast Federation, it is important we consider all elements of our work to ensure that awareness of healthy eating is promoted as we can be valuable role models to pupils and their families regarding food and drink choices and healthy living

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum. The school is dedicated to providing 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.

Aims

- To ensure that all food and drink served is **in line with the Government's mandatory standards**, is varied, is served in appropriate portion sizes, looks good and tastes good.

- ☐ To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- ☐ To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- ☐ To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
- ☐ To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- ☐ To involve the school community in all aspects of food in schools.
- ☐ To make healthier choices quicker, easier and better value for money.
- ☐ To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- ☐ To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

Food provision in our school

Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily before school club for pupils from 8.00am – 8.45am at Hawsker and from 7.30am – 8.45am at Fylingdales.

The breakfast menu includes: toast, fruit, cereals, overnight oats, baked beans, eggs and milk. The menu is designed to be in line with the School Food Standards and varies over the week to provide variety for the children. Themed weeks are also used where children are able to try, for example, a variety of fruits from around the world.

Break Time

The school understands that healthy snacks can be an important part of the diet of young people. Break time snacks include both those brought from home and provided by school. Working with parents will help to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

Children in EYFS and Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day. The school also operates a healthy tuck trolley at break times. This is managed by the NYC Catering Team along with the Pupil Parliament and children are able to purchase a range of fruit, toasted bagels and milk.

Pupils are able to bring a healthy snack into school to eat at break-times including fruit, vegetables or

cereals. On Fridays, we have treat Friday where children are able to select other snack to have during their break times.

As many children & young people consume large quantities of snacks every day, providing an environment to making healthier choices easier choices could have a huge impact on health.

Lunchtime Provision

Promoting a positive lunchtime experience

Background

Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience.

We aim:-

- To provide a dining environment that is a desirable place to eat
- To ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon.

School meals

Background

Aims We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.

North Yorkshire County Caterers are the school meal provider for The Heritage Coast Federation. They are fully compliant with the School Food Standards. School meals are planned on a 3 week cycle which changes each term and always contain a meat / fish and vegetarian options. The school meals menu can be found on our weekly school newsletter.

Halal provision and dietary requirements:

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged. Children with specific food allergies have health plans which are shared with all staff and displayed in the kitchen and staff room.

Packed lunches

Background

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar.

Aim

- To set guidelines (in consultation with parents) regarding the content of packed lunches in line with the whole school approach to food in schools.
- To ensure that packed lunches are stored safely to avoid food safety risks.

The school's separate packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables / salad every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

Packed lunches should not include

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.
- confectionery such as chocolate bars and sweets. *Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.*
- snacks such as crisps or cheddars should only be included occasionally . Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food is also a good choice.

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

For detailed guidance around our packed lunch policy, please see our parent/carers packed lunch guide.

Drinks

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community have access to free fresh drinking water throughout the school day and the children are also able to have milk through the National Milk scheme. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards.

Aim

- To encourage pupils to drink water frequently.
- To ensure that drinks that are unsafe for teeth are not consumed between meals.
- To ensure pupils have access to water at all times

School Trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above and in the packed lunch guidance document.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is the Headteacher.

Pupil's food allergies are displayed in a sensitive way through the Arbor MIS and the catering forms in the recipe file in the kitchens and in relevant places around the school including the staffroom.

Food in the Curriculum

The head teacher has a responsibility for preparing the curriculum policy. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation. Food and nutrition is taught

at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school as a model of understanding a balanced diet.

Aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- To ensure opportunities within the whole school curriculum promote and raise awareness of the following topics- healthy weight, breastfeeding, oral health.

Cooking and nutrition is a compulsory subject within the Design & Technology curriculum. This is taught at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance and practical skills such as designing, preparing, and cooking predominantly savoury food.

Food Supplied at School Events and Celebrations

Aim

- To ensure that healthy food and drink options are available at all school events, including parties, celebrations and fund-raising events.

The school recognises the importance of celebrating birthdays and special occasions. The national School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration should be given as to how the food and prizes supplied at school events is consistent with the school ethos with regard to food.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Sponsorship

The school should not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is as we believe that companies are doing this to create brand loyalty rather than to promote health.

Staff and Visitors

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.

Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The governing body is responsible for ensuring that the national school food standards are met.

- All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.
- There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.
- The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Parents, Carers and Family Members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Monitoring and review

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The revised standards for school food are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)

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