ASTON-ON-TRENT PRIMARY SCHOOL

FOOD POLICY

Local Authority Policy reviewed and approved by Governors Teaching and Learning Committee on 21st September 2026

This policy has been impact assessed in the light of all other school policies, including the Disability Equality Scheme.

SIGNED:	PRINT NAME:	DATE:
	Chris Jones Chair of Governors	21/09/26
SIGNED:	**PRINT NAME:**	**DATE:**
	Sam Moore Headteacher	21/09/26

ASTON ON TRENT PRIMARY SCHOOL
'Achieving Success For All'

SCHOOL FOOD POLICY

Why do we have a food policy?

* To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

* To make it clear that this school actively supports healthy eating throughout the school day and recognises the important connection between a balanced diet and a student's ability to learn effectively.

* To ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.

What do we want to achieve?

* To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available, water supply during the school day.

* To ensure the provision and consumption of food is an enjoyable and safe experience.

* To ensure that the whole school community understands that a balanced diet is essential.

* To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment.

* To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods.

* To ensure that food provision in the school reflects all the 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.

* An increase in the take up of school meals is still ongoing and important in achieving our aims.

* To keep abreast of fads and cultural changes in the way children and young people use food e.g. 'energy drinks' and respond appropriately including through information sharing, interventions, assemblies, or curriculum adaption, pupil consultation, etc.

How our Food Policy is implemented

1. School Ethos

2. Curriculum

3. Break time

4. Lunchtime

5. Staff and Visitors

6. School Visits and Events

7. Community Involvement

8. Allergies

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

Make sure children get consistent messages about nutrition in lessons and at lunchtime.

PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education.

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

Use cooking and growing as an exciting way to teach subjects across the curriculum. Growing food in our school which can be used.

It may be 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 British Values, 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.

As part of our school food policy, teachers do not distribute sweets for children's birthdays or after going on holiday. Also, parents will only send in water and NOT squash.

All pupils and staff have water freely available at all times and are able to refill bottles easily.

Break time

At break time our pupils are only allowed to consume fruit and vegetables. Fizzy drinks, crisps and confectionary are not allowed. Water 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 any pupil with an allergy.

Lunchtime

Lunches here exceed the national guidance. All pupils have a choice enabling them to eat healthily. Water is always freely available.

Pupils are encouraged to taste and eat new foods; achieved through 'Theme Days' and taster sessions.

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.

Staff and Visitors

Visitors will be offered healthy refreshments.

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 the school council's generated 'Healthy Snacks List' issued by the school council to all parents/carers.

Forest Schools

As part of our Forest School curriculum, pupils develop their skills in cooking food on a campfire. In EYFS and KS1, children learn how to behave safely around a fire whilst roasting marshmallows. Pupils build on these skills throughout the year groups, including cooking bread after making a simple dough, culminating in planning and cooking a three course menu in Year 6.

Allergies

There are children in our school who are allergic to certain foods. Every precaution is taken to ensure their safety. Care is taken to ensure they do not

come into contact with these foods. The school has proactive lines of communication with parents and the school cook to ensure allergies are catered for within our school dinner options.

Aston on Trent Primary School is a nut-free school

Enforcement

Following comprehensive and meaningful consultation with all sections of the school community the policy will encompass all school activities. Where members of the school community find that they are unable to work within the policy then school will negotiate on an individual basis.

Current guidance

https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide

https://www.derbyshire.gov.uk/education/schools/your-child-at-school/meals/school-food-standards/school-food-standards.aspx

Equal Opportunities

Provision is made for special diets for medical conditions following appropriate medical verification, ethical and cultural requirements, and for appropriate preparation, presentation and access.

Free lunch provision will be handled sensitively and confidentially.

Personnel

The Headteacher and Governing Body are responsible for all food in school.

Monitoring and Evaluation

The Headteacher and PSHE co-ordinator 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, and school staff including the catering staff, governors, LA representatives, community dietician, 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, the school web-site and the school prospectus.

This policy will be reviewed on an annual basis.