Approval date: September 2026
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Committee: Curriculum & Standards

Mylor Bridge Whole School Food Policy

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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. Good food provision in schools has been shown to lead not only to healthier children, but also to improved attainment.

Food and Drink Provision Throughout the Day

Food Standards for Schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended 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 for breakfast, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021) https://www.gov.uk/government/publications/standards-for-school-food-in-england
- The DFE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated 2021) https://www.gov.uk/government/publications/school-food-standards-resources-forschools

- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others https://www.schoolfoodplan.com/

Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

Breakfast is served as part of our Breakfast Club 7:30-8:45. We provide the following foods/drinks at breakfast:

- Low sugar cereals
- Toast/bread including wholegrain varieties
- Low fat spread
- Fruit
- Semi skimmed milk
- Water

For information on the school food standards for breakfast (and all other meals outside of lunch) please refer to:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Schools cannot provide the following foods for breakfast:

- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- Starchy food cooked in fat or oil on no more than two occasions each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

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, vegetables as a snack. Dried fruit should not be offered as a snack and should only be 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.

We provide the following snacks:

- Fruit and vegetables are provided for EYFS and KS1 at breaktimes

KS2 are encouraged to bring in a healthy stack for breaktimes (these include fruit or vegetables, protein such as meat or cheese, carbohydrates such as rice cakes or breadsticks)

No other snacks are provided for our pupils at any time in the school day

For more information on snack guidelines for schools please refer to:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Chartwells. All our lunch menus include a range of healthy, quality ingredients and we ensure to make the choice of meals appealing for all pupils. All our lunches address cultural, religious and special dietary needs including food allergies and medical conditions

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

After school clubs

Our After School Cis provided by Plymouth Argyle. Please see Plymouth Argle's policies for further information.

Drinks

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

Lower fat milk is available for children at breakfast and at lunchtimes. It is provided free of charge for pupils up to the age of 5 and for a fee once children reach the age of 5. Further information on this can be obtained from the school office.

Other than provision once per day of milk, as required by the School Food Standards, we are currently operating as a 'water only' school and following the toolkit below.

https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

Food and Drink brought into school and parent engagement

Packed lunches

We encourage parents to provide healthy well-balanced packed lunches.

For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:
- Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat - Oily fish at least once every few weeks (e.g. sardines, salmon) - Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties - A dairy product - milk, cheese and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified - Water or milk (semi-skimmed or skimmed) as a drink

LIMIT:
- Processed meat products such as sausage rolls, pies, sausages etc - Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice: no more than 150mls per day

DO NOT INCLUDE:
- Salty snacks such as crisps - Sweets and chocolate - Sugary soft drinks

For more information and practical tips for children aged 5 years and above:
https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

Our healthy packed lunch guidance is on the website and regular reminders are included in parent newsletters

School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': https://www.nhs.uk/change4life/food-facts/sugar

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches).

Special Dietary Requirements

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances (guidance here)
- People with medical conditions where dietary needs are impacted

Staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirements:

The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Children line up quietly and enter the hall in small groups
- Children who have school meals and packed lunches are seated together
- The menus are displayed and posters are displayed for special events
- Music is played in the dining hall on occasions

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Food Safety

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

- We provide safe and hygienic facilities to prepare and store all our food
- We complete regular staff training and ensure that risk assessments and hazards are identified.
- Catering staff food have completed Level 2 food safety certification

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. Cooking and nutrition is taught across each key stage in PSHE, science and DT For more information please refer to:

- Design & Technology - https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-t echnology-programmes-of-study/national-curriculum-in-england-design-and-technology-p rogrammes-of-study
- Science – https://www.gov.uk/government/publications/national-curriculum-in-england-science-progr ammes-of-study/national-curriculum-in-england-science-programmes-of-study
- Health Education - https://www.gov.uk/government/publications/personal-social-health-and-economic-educat ion-pshe/personal-social-health-and-economic-pshe-education

Monitoring and Evaluation

SLT, School Governors and the Healthy Schools lead monitor and review this policy, including all menu provision, annually.

Policy Review

This policy will be reviewed annually.

Effectiveness of the policy will be assessed through:

- feedback from staff, pupils and parents
- review of the policy by SLT and governors to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

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