

# Barford St. Peter's C.E. (V.A.) Primary School

Together we love; together we learn



## Food and Nutrition Policy

Date approved: February 2026

Review date: February 2028

## Purpose

This policy outlines our commitment to promoting healthy eating and nutrition across EYFS and KS1 and KS2. It ensures compliance with the Early Years Foundation Stage (EYFS) statutory framework, DfE Early Years Nutrition Guidance, and School Food Standards. Our aim is to support pupils' health, wellbeing, and learning by providing nutritious food and fostering positive attitudes towards healthy eating.

## Scope

This policy applies to all food and drink provided by the school, food brought from home, and food-related activities.

## Principles

- Meals, snacks, and drinks must be healthy, balanced, and nutritious.
- Water and milk are the only drinks offered during the school day.
- Barford St. Peter's will encourage children to eat a variety of fresh fruits and vegetables, and will limit processed and high-sugar foods.
- Barford St. Peter's will ensure this policy is inclusive for children with allergies, cultural/religious diets, and special needs.

## Food Provision

### Snacks

Throughout school, children will only be allowed fruit or vegetables for their morning break time snack. Processed foods such as fruit winders are not permitted.

In line with guidance set out in the Early Years Foundation Stage, children in pre-school and Reception will be closely supervised whilst eating during snack time and lunchtime.

### Food provision in Breakfast Club and After School Club

Breakfast will be offered for children in breakfast club. This will include low sugar cereals and wholemeal options such as wholemeal toast. Children will always be offered a range of fruits for breakfast, including for example orange slices, bananas and berries. Snacks provided after school will not include highly processed foods such as crisps. They will contain higher fibre and protein. Children will also be offered a range of healthy fruits and vegetables such as crudites. All food provided in breakfast club and after school club will adhere to the guidance set out in the table below.

### Packed Lunch and Hot School Meal Guidance

The majority of children in EYFS and KS1 will have a cooked school lunch. Educaterers will continue to provide hot school meals for children. Their menu will continue to be on a 3 week rotation.

The menus will be carefully monitored to ensure that children have a wide range of fruits and vegetables in their diet. All food provided in school, including at breakfast and after school club, will adhere to the guidelines set out by the Department for Education Early Years Food and Nutrition Guidance as outlined below:

Fruits and Vegetables	Provide at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit). Provide a variety of vegetables or fruit across the day and each week.
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	<p>Limit baked beans to once a week if this is being counted as a vegetable.</p> <p>Avoid dried fruit as a snack. It should only be provided as part of a meal.</p> <p>Avoid fruit tinned in syrup and choose fruit tinned in juice.</p> <p>Avoid added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.</p>
Carbohydrates	<p>Provide a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day.</p> <p>Provide plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day (not morning break time which should ONLY be fruit).</p> <p>Provide at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week.</p> <p>Provide wholegrain starchy foods for at least 1 breakfast, lunch and tea each week.</p> <p>Limit sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green).</p> <p>Limit the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt.</p> <p>Limit starchy foods which have been fried to a maximum of once a week (e.g. chips, fried rice and fried noodles).</p> <p>Limit tinned pasta in sauce (e.g. spaghetti hoops) and choose no added sugar options.</p> <p>Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals.</p> <p>Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.</p>
Dairy	<p>Provide 3 portions of milk and unsweetened dairy foods each day (which includes those provided at home).</p> <p>Provide non-dairy alternatives that are unsweetened and calcium fortified (e.g. oat milk or soya milk).</p> <p>Avoid sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options</p>
For all foods	<p>Avoid foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionary.</p> <p>Avoid artificial sweeteners as they may encourage children to prefer very sweet foods</p>
Drinks	<p>Provide children with access to water throughout the day.</p> <p>Provide only fresh tap water and plain milk to drink.</p> <p>Provide whole milk, semi-skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives for children from 1 year of age.</p> <p>Avoid skimmed and 1% cow's milk.</p> <p>Avoid sugary drinks (including fruit juices, squash and smoothies).</p>
Protein	<p>Provide oily fish (such as salmon, sardines or mackerel) at least once every 3 weeks; this can be provided as part of lunch or tea. When oily fish is not provided as a main meal in the week, you could try to provide oily fish as a snack.</p> <p>Provide a portion of protein as part of lunch and tea each day.</p> <p>Provide a variety of protein sources as part of lunch and tea across the week.</p> <p>Provide at least 1 lunch and 1 tea for children each week which uses beans, lentils, pulses or a meat alternative as the protein source.</p> <p>Provide vegetarian and vegan children with a variety of protein sources such as beans, pulses, and meat alternatives</p>

	Limit oily fish to a maximum of twice per week. Limit the provision of processed meat products (e.g. sausages, breaded chicken, meatballs), processed fish products (e.g. fish fingers, fish cakes), and products made from meat alternatives (e.g. vegetarian sausages), to once a week for each of the 3 types as these products can be high in saturated fat and salt.
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For packed lunches, guidance will be provided to parents on a regular basis, including when children start school and as part of the induction programme. Parents will be informed that packed lunches should include starchy foods, fruit, vegetables, dairy, and protein. Children will not be allowed to bring in fizzy drinks, sweets or chocolate bars. Crisps will be discouraged as highly processed foods.

### **Special Dietary Needs**

Please see medications policy for details of how allergies are managed within school.

### **Celebrations and Events**

In the Early Years Foundation stage, children will be encouraged to bring healthy alternative treats to celebrate birthdays, such as fruit, or non-food items such as stickers or bubbles. To celebrate children's birthdays for the whole school, children will be provided with a birthday pencil and sticker.

### **Food in the Curriculum**

As part of their science and PSHE curriculum, children will learn about the importance of a healthy balanced diet. They will also learn about nutrition and the importance of each food group for maintaining good health.

In years 1 to 6, children will take part in a cookery session 5 times per year. During their cookery session, children will be exposed to a wide range of different foods and learn about the nutritional value of the ingredients. After preparing the food, children will be encouraged to try the foods and provided with the recipe so that they can recreate the same dish at home.

As part of cooking lessons, children will be taught about the importance of food hygiene, including washing hands thoroughly before preparing food, and in KS2, how to safely handle and cook with raw fish and meat.

### **Informing Parents**

This policy will be shared with parents during induction into pre-school and reception.

### **Monitoring and Review**

This policy will be reviewed every two years by SLT and the full governing board.