



St Richard's RC Primary School

School Food and Nutrition Policy

September 2025

Proposed by JM

Seconded by

Approved

Signed by Chair of Governors

Date:

St Richards RC Primary School Food and Nutrition Policy

Policy Date: Draft 29/09/2025

Review Date: September 2028

Responsible Person(s): Facilities manager / EYFS Lead

Introduction

At St Richards we are committed to promoting the health and wellbeing of our pupils through a whole-school approach to food and nutrition. We recognise the vital role nutrition plays in the development, concentration, and overall health of our pupils.

This policy outlines our approach to food education, provision, and the wider food environment, in line with the DfE School Food Standards (2015) and the DfE Early Years Foundation Stage Nutrition Guidance May 2025

Aims and Objectives:

- to promote a healthy relationship with food among pupils
- to provide nutritious, balanced meals and snacks throughout the school day
- to encourage healthy eating habits that continue beyond the school environment
- to comply with statutory guidelines, including the DfE School Food Standards and EYFS nutritional requirements. **Published:** April 2025 | **Statutory from:** September 2025.

Food Provision**School Meals**

- All meals provided adhere to the **DfE School Food Standards**.
- We work with our caterers to ensure meals are balanced, nutritious, and cater to dietary and cultural needs.
- Fresh fruit and vegetables are offered daily
- Menus are shared with parents and updated termly.

Early Years (Nursery and Reception)

In accordance with the DfE Nutrition Guidance we provide healthy, balanced, and nutritious food and drink to children from **birth to 5 years**. The guidance includes simple, achievable practices that promote healthy eating and good nutrition in early years settings.

The importance of the guidance:

- to support healthy growth and development
- to build positive lifelong eating habits
- to reduce health inequalities early in life

At St Richards we ensure that:

- all meals, snacks, and drinks provided are healthy, balanced, and nutritious
- water is always available and accessible
- children are encouraged to develop independence in choosing and eating healthy foods
- foods high in fat, salt, and sugar are avoided

Please refer to the table below for food and drink guidelines

We will provide:	• at least 1 portion of fruit or vegetables each day, and a variety across the week • at least 3 different types of starchy food each week, including wholegrain • at least 1 portion of milk or unsweetened dairy produce each day • a variety of protein sources throughout the week which includes meat alternatives • vegan and vegetarian options which include a variety of protein sources • oily fish once every 3 weeks
We will limit:	• sugar and salt within any bread provided • starchy foods that have been fried to only once per week • any form of tinned pasta in sauce, as well as baked beans • processed meat
We will avoid:	• dried fruits to be given as snacks • fruit in any tinned syrup • flavoured pasta, rice and noodles • sweetened yogurts • food high in saturated fat, salt and sugar (including cakes, sweets, biscuits) • skimmed milk and 1% cow's milk • sugary drinks including fruit juice, squash and smoothies

Meal and Snack Planning

- We serve balanced meals and snacks at regular times.
- We ensure portion sizes are suitable for young children.
- Cultural and dietary needs are always considered.

Eating Environment

- Create a positive, calm mealtime environment.
- Encourage children to eat together and try new foods.
- Support independence with age-appropriate cutlery and self-serving.

Partnership with Parents

- Respect parental preferences and dietary needs.
- Support families in healthy eating at home.

Food Safety and Allergies

- Follow food hygiene and safety practices.
- Have clear procedures for managing allergies and intolerances. (Separate food allergy policy).

Snacks and Break Times

- Pupils in EYFS and KS1 are provided with a free piece of fruit or vegetable each day.
- We encourage healthy snacks (e.g. fruit, vegetable sticks, or wholegrain items) for packed lunches and break times.
- Sugary snacks, sweets, and fizzy drinks are discouraged and not permitted during school hours.

Drinks

- Only water and milk are permitted during the school day.
- Children are encouraged to drink water regularly, and refillable bottles are supported.

Packed Lunches

Parents are encouraged to follow healthy lunchbox guidelines. A typical lunchbox should include:

- a source of starchy food with a filling of Protein (meat, fish, beans, eggs); there is a separate packed lunch policy
- fruit and /or vegetables
- dairy food (cheese, yoghurt)
- a healthy drink (water, milk)

Items **not recommended** include chocolate bars, sweets, sugary drinks, and fried snacks.

We recognise the cultural importance of food and celebrate it through:

- cooking
- themed days and international food celebrations
- gardening projects to grow fruit and vegetables
- educational visits to farms, shops, and food producers

Allergies and Special Diets

We are a **nut-aware** school and request that no nuts or nut products be brought into school.

All dietary requirements due to medical, religious, or cultural reasons are respected. An up-to-date allergy list is maintained and shared with relevant staff

Staff and Role Modelling

Staff are expected to model healthy eating behaviours and support the school's food ethos. Staff will not consume unhealthy snacks or fizzy drinks in front of pupils.

Parental Engagement

We work in partnership with parents to promote healthy eating, through:

- newsletters
- sharing resources and guidance
- signposting to local services and health professionals

Other policies related to this:

- Packed Lunch Policy
- Food Allergy Policy