



Healthy Eating and Food Allergies Policy

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1. Introduction

A healthy diet for children's growth, development and learning is an important part of the education we provide. As a Trust we are committed to providing all our children with a consistent, nutritious and well-balanced healthy diet and educating our pupils about nutrition.

2. Aims

- To ensure schools within the Trust provide clear, consistent and coherent messages around food and drink.
- To meet the specific dietary requirements of members of our school community, including providing a safe environment for those with food allergies.
- To raise pupil, parents and carers awareness about the benefits of a balanced diet and the importance of healthy eating and drinking.
- To raise pupil achievement. Evidence shows that children who have a healthy diet and who make healthy food choices concentrate and learn more than those who do not.

3. Objectives

- Ensure food and drink provision throughout the school day is of consistent nutritional quality which meets the Government's current food regulations.
- Ensure specific dietary needs including food allergies are met through effective management and education.
- Create a positive social dining environment and promote good eating behaviour.
- Ensure parents and carers have the latest knowledge regarding a healthy diet.
- Promote the knowledge of pupils of a healthy diet throughout the school curriculum and extracurricular activities.

3.1. Ensure Food and Drink provision throughout the school day is of consistent nutritional quality which meets the Government's current food regulations

Statutory School Food Regulations ([The Requirements for School Food Regulations 2014](#)) apply to all schools in England. The purpose of the standards is to ensure that children have access to a wide variety of healthy and nutritious foods, to protect those who are nutritionally vulnerable and promote positive eating behaviours that contribute to good health and well-being.

The School Food Standards came into force on 1st January 2015 and are set out in the School Food Regulations 2014. Schools must ensure that all food and drink meet the nutritional standards for school meals. They also apply to food and drink other than lunch and up until 6.00pm (including breakfast clubs, mid-morning break and after school clubs). Key aspects include:

- **Balanced Diet:** Schools are required to offer a balanced diet that includes a variety of foods, such as fruits, vegetables, whole grains, and proteins. Limits are placed on the amount of sugar, salt, and fat in school meals.
- **Meal Plans:** School meals must include at least one portion of fruit and vegetables, oily fish once every three weeks, and no more than two portions of deep-fried, battered, or breaded food each week.
- **Drinks:** Schools are required to provide only healthy drinks, such as water, milk, fruit juice, and combinations of these.

More detailed guidance on these standards can be found below:

[The Requirements for School Food Regulations 2014](#)

Hot school meals

The Trust recognises that a well-balanced tasty hot school meal, in the middle of the day is important for pupils to have as part of a healthy diet and therefore we recommend to parents and carers that this is the best option for their children. However, should parents and carers decide to send their child into school with a packed lunch it is important that it is in line with National Food Standards.

Packed Lunches brought in from home

A typical packed lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- A small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

Packed lunches cannot contain:

- Foods containing nuts.

In addition, packed lunches ideally, should not contain:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat.
- Fizzy drinks/sugary drinks.
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.

Drinking water

Pupils will be encouraged to remain hydrated. Pupils will have access to free drinking water throughout the school day. Pupils are encouraged to bring in a named water bottle to school.

Snacks

The Trust understands that snacks can contribute positively towards a balanced diet. The Trust is participating in the School Fruit and Vegetable Scheme, and provides all pupils aged between four and six with a free piece of fruit or vegetable each school day. Pupils in KS2 are invited to bring in a piece of fruit or vegetable for their snack.

3.2. Ensure specific dietary needs including food allergies are met through effective management and education.

The schools within the Trust will make reasonable adjustments for pupils and staff with particular requirements. The school provides food in accordance with pupils' religious beliefs and cultural practices. School caterers offer a vegetarian option at lunch every day. When necessary, the school also provide a vegan option.

Allergens

The schools ensure that pupils with food allergies, intolerances and other types of medically recommended diets receive appropriate foods to meet their needs. This information should be included on the Individual Healthcare Plan. Individual care plans are created for all pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and can identify pupils by sight. Requests for medical diets are submitted through the school office.

All staff are aware of pupil's dietary needs. This information is displayed in a central area in each school as well as shared electronically. If a child requires an epi-pen then this is always kept with the child in a red first aid backpack. Our school caterers do not include nuts in any of the children's meals.

Our school caterers follow [The Requirements for School Food Regulations 2014](#) and use allergen information relating to the 'Top 14' allergens to check food products. Our caterers keep in contact with food suppliers as ingredients may change. Some product ingredient lists contain [precautionary allergen labelling](#), e.g. "may contain X". Some pupils may be able to eat foods labelled as "may contain", whilst others may not.

School menus are available for parents and carers to view with the ingredients clearly labelled.

3.3 Create a positive social dining environment and promote good eating behaviour.

- The schools will provide a clean, sociable environment, indoors and out, for pupils to eat their lunch.
- Catering staff, including midday supervisors engage with pupils, and the children are encouraged to thank them for their meals and support.

- Staff are encouraged to lead by example and eat and drink healthily throughout school. They are encouraged to eat with the pupils at lunchtime and model good behaviour and mealtime social skills.
- All pupils are encouraged not to rush their lunch, to eat all or at least try to eat most of the food provided, either by the school or in their packed lunch.
- All litter, from packed lunch boxes brought in from home, must be taken home at the end of the school day.
- Midday supervisors will encourage independence but help any pupils who have concerns or cause concern during mealtime, e.g. pupils who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- If a pupil has a problem or wishes to leave the food hall, they should raise their arm and wait until a lunchtime supervisor speaks to them.
- Pupils will leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

3.4. Ensure Parents and carers have the latest knowledge regarding a healthy diet

We make parents and carers aware that lunch is part of the education process and that learning to enjoy a balanced diet is treated in the same way as any other lesson.

Regular questionnaires are sent out to ensure the schools understand their parents and carers' awareness of a healthy diet. Healthy eating is integrated into the curriculum through subjects like science, PSHE. Parents and carers are signposted to information to support their understanding e.g. <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide>. There are opportunities for parents and carers to come into the schools to learn about a healthy diet as well as sampling many of the foods. Examples of learning experiences will include:

- Sampling school meals.
- Participating in cooking workshops, (ideas for healthy packed lunches/evening meals).
- Learning about celebratory traditions such as Diwali, Eid and other community events.

3.5. Promote the knowledge of pupils of a healthy diet throughout the school curriculum and extracurricular activities.

Our curriculum ensures our pupils have a rich and full awareness of what constitutes a healthy diet and what can promote a healthy lifestyle. All pupils have the opportunity to learn about food, nutrition and age-appropriate practical cooking skills in accordance with legislation [Cooking in the curriculum - School Food Plan](#). Our schools offer a range of extra-curricular activities to promote a healthy diet. These include, but are not limited to:

- After school cookery clubs.
- Healthy foods supplied at community events.
- A range of physical activity clubs.
- Specialist services advice e.g. Dentistry nurse and Dieticians

4. Monitoring arrangements

This policy will be reviewed on a two year basis. At every review, the policy will be approved by the Trustees.

5. Links with other policies

This policy links to the following policies and procedures:

- Health and safety
- SEND
- Supporting pupils with medical conditions
- Equality scheme