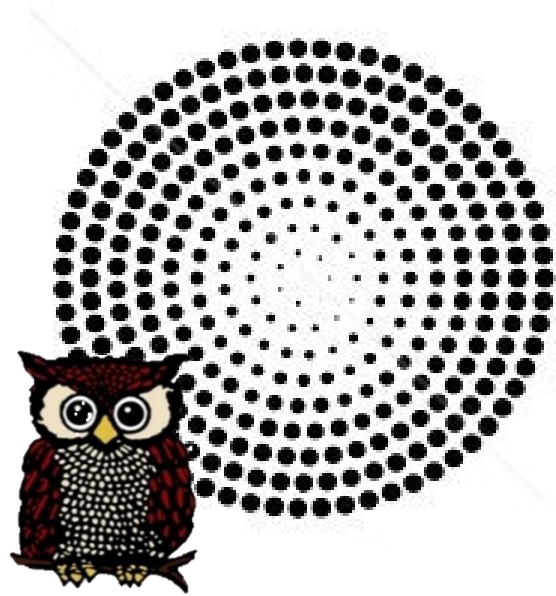




**Barham Primary School**  
*Embedding Excellence*

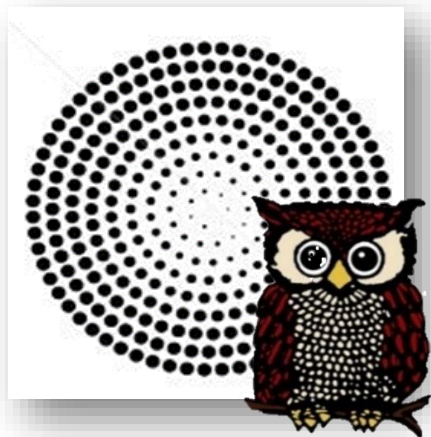
# School Food Policy

September 2025

# School Food Policy 2025 - 2026

## Barham Primary School

*Embedding Excellence*

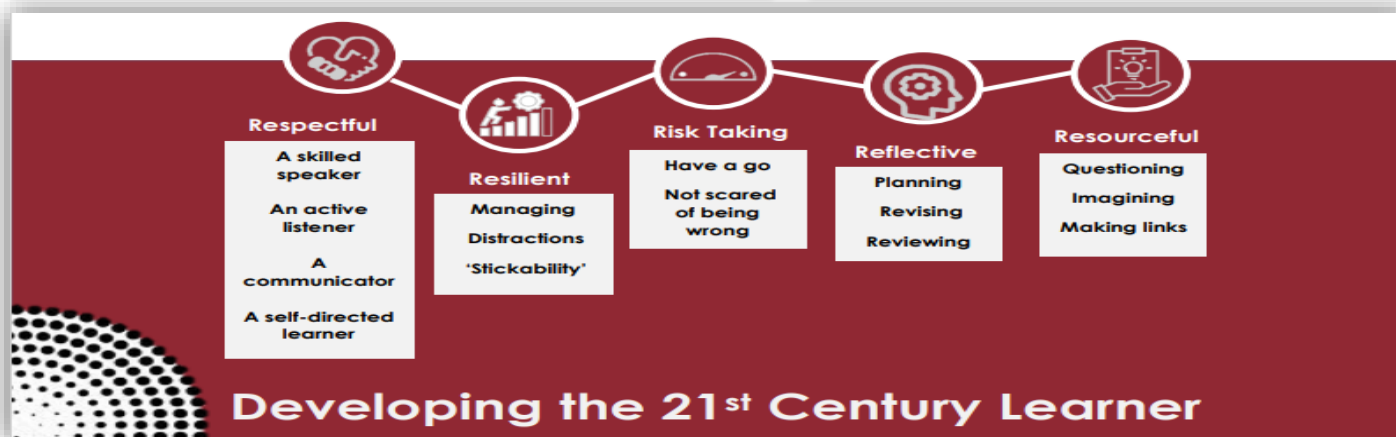


### What we want for our children

We want all of our children to leave us equipped for life in the 21<sup>st</sup> Century- able to operate successfully in the changing world of work and take advantage of all opportunities available to them. Through understanding our global community and appreciating our children's needs, we integrate specific learning experiences into our curriculum so that every child can achieve well at Barham, transition well into their next phase of education and lead happy and fulfilled lives.

### Our vision

We are safe, happy and kind learners  
We are ambitious and strive to reach the highest goals  
We are curious and use connections to make sense of the world  
We are change makers



Our vision and our values underpin all our policies; the education we deliver and are core to all our work. Article 3 of the United Nations Convention on the Rights of the Child states that: **The best interests of the child must be a top priority in all decisions that affect children.** This policy has been created with this in mind to keep the children at Barham safe, happy, kind with a love for learning.

| Statutory Policy |          |                |
|------------------|----------|----------------|
| Last review      | Reviewed | Next Review    |
| September 2025   | Annually | September 2026 |

## Introduction

Barham Primary is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This is achieved by a whole-school approach to food provision, food education, and in compliance with national law and local guidance.

This policy was formulated through consultation between staff, governors, parents/carers, pupils, the school nurse, and where appropriate public health and local authority advisors.

## Aim

**The main aims of our school food policy are to:**

- Provide a range of healthy food choices throughout the school day, in line with the mandatory School Food Standards in England.
- Support pupils to make healthy food choices and be better prepared to learn and achieve.
- Ensure a consistent approach to healthy eating across the school community including pupils, staff, and parents/carers.
- Ensure that food provided in school, including snacks, packed lunches, celebration food, and school trips, meets nutritional standards.
- Promote sustainability and respect cultural, religious, and dietary diversity.

## Food throughout the school day

### 1. School Lunches

School lunches, provided by Aspens, are served between 11:45am – 1:15pm in the dining hall.

They meet the mandatory School Food Standards, including requirements for starchy foods, protein, fruit & vegetables, dairy, and limits on fat, sugar, and salt. Examples include:

At least one portion of vegetables or salad every day.

A dessert containing at least 50% fruit twice per week.

At least three different starchy foods each week, with wholegrain varieties included.

No more than two days per week where starchy food is cooked in fat or oil.

Menus are planned on a three-week cycle, always including meat, fish, and vegetarian/vegan options, with cultural variety. The menu is published on the school website and through Aspens' platform and is nut free.

### 2. Packed Lunches

The school works with parents/carers to ensure packed lunches meet standards similar to those for school meals.

Encouraged items include lean protein (e.g. chicken, fish, eggs, pulses), wholegrain bread/pasta/rice/chapatti/noodles, plenty of fresh fruit and vegetables, water or unsweetened milk.

Not allowed/discouraged: sugary drinks, sweets, chocolate bars, large amounts of

processed meats, and high salt/fat snacks such as crisps, Bombay mix ect...

Absolutely no nut products such as Nutella, peanuts, cashew nuts ect...as a number of pupils have allergies (life threatening)

Sample menus and a parent/carers guide are available; the school may monitor lunches and offer supportive guidance.

### **3. Snacks**

In Early Years, snacks are provided by the school and include a range of fresh fruit and vegetables.

All pupils may bring in their own snacks for break times. Acceptable snacks include:

- Fresh fruit and vegetables
- Dried fruit such as raisins, apricots, or dates (without added sugar or yoghurt coatings)
- Low-sugar content cereal bars or similar healthy alternatives, where clearly labelled as such
- Crisps, sweets, and high-sugar confectionery are not permitted as regular snacks.

### **4. Drinks**

Barham Primary is a water-only school (with the exception of free milk for those entitled under statutory schemes).

Water is provided in every classroom, and pupils may keep water bottles with them throughout the day.

### **5. School Trips**

As part of the school's commitment to equality and healthy eating, all pupils are provided with a packed lunch by the school (via Aspens) for trips.

Parents/carers do not need to supply a packed lunch, unless by prior agreement for dietary or cultural reasons.

### **Rewards & Special Occasions**

Rewards: Food is not used as a reward for behaviour or achievement. Alternative non-food rewards are used.

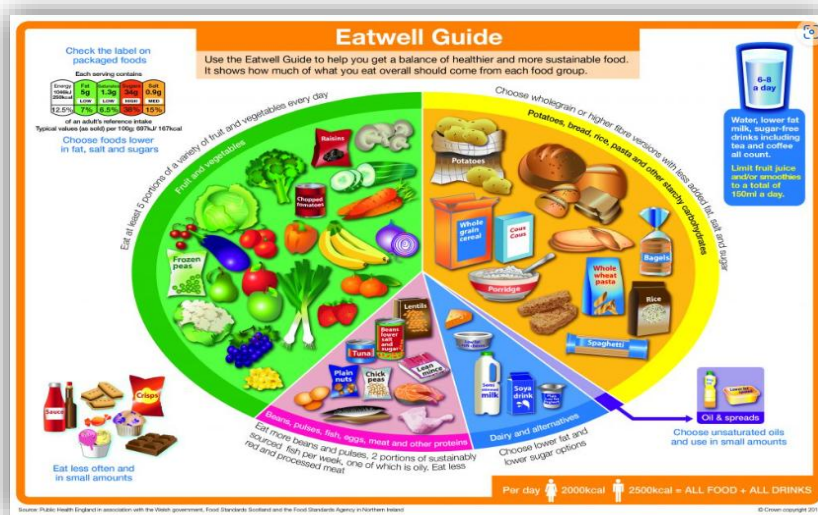
Celebrations/Birthdays: Parents/carers are encouraged to provide fruit or healthy snacks given directly to the class teacher to distribute at the end of the school day and not to the front office. No cakes only gelatine free sweets or chocolates are permitted to be shared, this must be at the end of the school day, given directly to parents/carers, and must take allergies into account. Such occasions should be limited in frequency.

Events/Fundraising: Treat foods (e.g. cakes) may be included occasionally but should be balanced with healthier options.

### **Curricular & Extra-Curricular Activities**

Food and nutrition are taught at all key stages through Science, PSHE, and Design & Technology (cooking and nutrition).

The Eatwell Guide is used to teach pupils about balanced diets.



Clubs such as cooking and food growing help children learn about healthy eating and sustainable food.

## Special Dietary Requirements

The school accommodates allergies, intolerances, and religious or cultural dietary practices.

Individual care plans are agreed with parents/carers and Aspens for children with food allergies.

Allergy information is displayed discreetly in kitchens and dining areas. All staff receive allergy awareness training.

## Expectations of Staff & Visitors

Staff are expected to model healthy eating behaviours in front of pupils in line with the policy.

Staff are encouraged to eat school lunches with pupils.

Visitors and external providers must comply with this food policy while in school.

## Parents, Carers & Family Members

Parents/carers are provided with clear guidance on packed lunches and celebration food.

The school runs workshops, coffee mornings, and events to support families with healthy food choices.

All pupils at Barham Primary receive a free, nutritious school meal every day as part of the Mayor of London's Universal Free School Meals initiative. The school supports families to register for Free School Meals so that pupils do not miss out on Pupil Premium funding.

## Monitoring, Compliance & Review

Responsibility for monitoring compliance lies with the Headteacher and a nominated governor. Checks are carried out on: Aspens' menu compliance, packed lunches, snacks, and celebration events. Feedback is collected from pupils, parents, and staff. The policy is reviewed annually, or sooner if national or local guidance changes.