



Wensley Fold CE Primary Academy

Whole School Food Policy

Introduction

Wensley Fold CE Primary Academy is dedicated to providing an environment that promotes healthy eating habits and enables children to make informed food and drink choices. This will be achieved by a whole school approach to food and nutrition documented in this whole school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey (NDNS) rolling programme for 2016-2017 and 2018-2019.

Food Policy lead

This school food policy and healthy eating strategy is co-ordinated by Donna Simpson

Aims

The main aims of our school food policy are:

1. To provide healthy food and drink choices throughout the school day, aligning with the mandatory [School Food Standards](#), and to ensure food stuffs brought into school meet the School Food Standards;
2. To enable children to make healthy food and drink choices through the provision of information and the development of appropriate food skills, behaviours and attitudes; and
3. To ensure a consistent and engaged approach to nutritious and sustainable food that promotes wellbeing across the school community, including children, staff and parents/carers considering children with complex health needs such i.e. coeliac disease or severe allergies

These aims will be addressed through the following areas:

1. Equal Opportunities:

In all aspects of food and drink provision, as in all other areas of the curriculum and the wider school environment, we recognise the value of the individual and strive to provide equal access of opportunity for all. This includes the equitable provision of school meals, helping to encourage maximum support and uptake, and supporting vulnerable families to access food out of school term time and during school holidays.

2. Curriculum

Food and nutrition is taught at an appropriate level throughout Key Stages 1 and 2 in science, PSHE and Design Technology (cooking and nutrition). Ingredients required for cooking in curriculum are provided for by the school for all children and, where possible, recipes not requiring non-basic pieces of equipment (e.g., garlic crushers, cheese graters, etc.) are prioritised. Cultural consideration should be given to the ingredients in recipes.

Ensuring consistent messages from the Eatwell Guide are used throughout the school – across subjects – as a model of understanding a balanced diet. Communication is facilitated through agreed effective teaching methods (e.g. debating issues, group discussions, role-play and interactive sessions), and leading by example and appropriate staff training. Take home resources for parents and carers should also be available to embed these messages within the family environment.

Extra-curricular activities/groups available through the school will also support the teaching of skills, behaviours and attitudes associated with healthier eating habits such as termly clubs for cooking and food growing. Such will seek to engage children and their families and the wider community.

3. Food & Drink Provision Throughout The School Day

Fundamentally, the School Food Standards will be adhered to for school lunches and all other food provided at school (including breakfast club) In addition, the following policies apply:

1. Breakfast

Breakfast is an important meal that should provide 25-30% of a child's daily energy requirement and contribute significantly to their vitamin and mineral requirements. A healthy breakfast has been found to improve a child's cognitive function, particularly memory and attention, as well as academic performance.

The school operates a breakfast club that provides a nutritious meal for children before the school day from 8.00am – 8.45am. The breakfast menu includes toast, cereals, pancakes, waffles and scrambled/poached eggs

The breakfast club is supported by Warburtons who kindly donate the bread in order to keep costs down. The current cost is £2.50 per day per child.

2. School Lunches

School lunches are provided by Dolce Catering Ltd and are served between 12noon and 1.00pm in the dining hall. In addition to compliance with the School Food Standards our school caterer holds the catering award Recipe 4 Health.

School lunches are planned on a four week menu cycle which parents access through School Grid.

Children eligible for free school meals are identified according to local policy and criteria linked to benefits payments. The school actively encourages and supports parents/carers to apply for free school meals to ensure those in need are adequately supported.

3. Packed Lunches

The school employs a packed lunch policy (available via the school website). The guidance aims to support children to consume a balanced lunch to best prepare them for learning in the afternoon. The school encourages parents and carers to provide children with packed lunches that complement this policy and complies with the School Food Standards.

Parents and carers will be expected to follow the packed lunch guidelines and the school will work with families to identify any issues or concerns, and provide appropriate support. We will work to identify the children's food preferences, parent's perceptions of a healthy packed lunches, affordability of healthier options and attempt to support behavioural change through offering a number of options e.g., recommending school meals, involvement in extra-curricular activities that support cooking and food growing skills, etc.

The school will perform a yearly review of school lunches versus packed lunches, communicating discrepancies in uptake and nutritional quality to the Governing Body. Inspections may be supported by peer.

All children who are having packed lunches will be provided with resources and signposting materials to take home, such as the NHS [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk) and Food Active's Healthy packed lunches guidance and lesson plans.

Where children are consuming packed lunches that aren't in line with the policy the school will investigate the reasoning for this,

The school expresses a commitment to supporting parents and their children before concerns develop for noncompliance with policy stipulations and will ensure the provision of educational/promotional materials via the school website and links to provision of support by external Eat Well strategy partners.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Where applicable, children entitled under the School Fruit and Vegetable Scheme will receive a free piece of fruit or vegetable each school day; however, fruit and vegetables will be readily available, regardless.

Children bringing snacks for consumption at break-times and/or for after school are not permitted to include: Chocolate or chocolate-coated products, nuts or nut based products, crisps, desserts, including cakes and biscuits with confectionary (chocolate-coated).

5. Drinks

The school adopts a Milk or Water Only policy: [Food Active | Protected: Milk or Water Only Toolkit](#)

Fresh drinking water is available at all times and promoted as the drink of choice for keeping children well hydrated. The only other drinks permitted are: plain water (still or carbonated); lower fat milk or lactose reduced milk; fruit or vegetable juice (max 150mls); plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey); combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey.

6. Rewards & Special Occasions

The school does not allow sweets or other foods high in fat, sugar and/or salt, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement are used in school.

7. The Food Environment

To overcome the stigma attached to free school meals the school seeks to anonymise the process of meal purchases, this is achieved via a cashless catering system.

The school operates restrictions on marketing and promotional activity – avoiding overt promotions such as signage, price promotions, checkout proximity, etc. – of less healthy products, alternatively adopting (where applicable) awareness campaigns that create an environment more supportive of healthier habits. PSHE curriculum includes lessons about the impact of junk food marketing and factors that affect our food choices.

The school recognises the challenges some households face in relation to food insecurity in the current economic climate. Signposting to local advice and support is communicated via the school newsletter, as well as low-cost healthy recipe cards and healthy food parcel guidance.

The school recognises the importance of a good dining experience for children and staff, protected time for children and staff to eat, and the social skills children develop during this time. The school council members seek to improve the dining experience for all, by maximising the space of the dining hall, making the space feel like a pleasurable dining area and encouraging healthy eating via the food served. The school promotes an inclusive environment allowing all children to sit together during breaks and has a stay-on-site rule for break and lunch time.

Schools are strongly recommended to achieve the Recipe 4 Health award which is monitored by the Public Protection team at Blackburn with Darwen Borough Council. Contact Emma Kerr on 01254 267688 for more details.

4. Special Dietary Requirements

The school does everything possible to accommodate children's special dietary requirements including allergies, intolerances, ethical and religious or cultural practices.

Individual care plans are created for children with food allergies – coordinated by the SENDco. These plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Schools should review these contact details annually for accuracy. School caterers are made aware of any food allergies/intolerances through parents identifying their child's allergies on School Grid which prevents parents ordering meals containing those allergy ingredients.

5. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Review

Agreed by the Governing Body

November 2025

Proposed review date:

Recommended review every 2 years