St Catherine's
CE PRIMARY SCHOOL

School Food Policy 2026



Date Policy written	23.2.2026
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Approved by and date	SLT Feb 26

1. Purpose

St Catherine's CE Primary School Food Policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfast, mid-morning snacks, lunch, tuck shops and after school clubs. The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school

For more information please refer to:

- The DFE School Food Standards – Resources for schools including a practical guide, checklists portion sizes and allergy information (updated2021)
- https://www.gov.uk/government/publications/school-food-standards-resources-forschools
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others https://www.schoolfoodplan.com/

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

Breakfast club is served from 8.15-8.40 and we provide the following foods/drinks at breakfast:

- Low sugar cereals
- Toast including wholegrain varieties
- Low fat spread
- Fruit
- Semi skimmed milk
- Water/ sugar free squash

Schools cannot provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts

2.3 Snacks

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. We provide the following snacks:

- Fruit and vegetables are provided for EYFS and KS1 at breaktimes
- KS2 are encouraged to bring in fruit or vegetables at breaktimes
- No other snacks are provided for our pupils at any time in the school day For more information on snack guidelines for schools please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Impact Food. All our lunch menus include a range of healthy, quality ingredients and we ensure to make the choice of meals appealing for all pupils. All our lunches address cultural, religious and special dietary needs including food allergies and medical conditions.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2. Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

2.5 Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Mile is provided free of charge for under 5. Milk can be ordered for children for 5 and over

School milk subsidy scheme - GOV.UK

3. Food and Drink brought into school and parent engagement

3.1 Packed lunches

We encourage parents to provide healthy well-balanced packed lunches. For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

For more information and practical tips for children aged 5 years and above:

Lunchbox ideas and recipes – Healthier Families - NHS

4. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks. The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart':

https://www.nhs.uk/change4life/food-facts/sugar

5. Special Dietary Requirements

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances (Allergy guidance for schools - GOV.UK)
- People with medical conditions where dietary needs are impacted Staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirements:

6. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Children line up quietly and enter the hall in year groups
- Children who have school meals and packed lunches are seated together
- The menus are displayed and posters are displayed for special events

Monitoring and Evaluation SLT, School Governors and the Healthy Schools lead monitor and review this policy, including all menu provision, annually.

7. Policy Review

This policy will be reviewed annually. Effectiveness of the policy will be assessed through:

- Feedback from staff, pupils and parents
- Review of the policy by SLT and governors to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation