



Oak Lodge School

Whole School Food Policy

Policy Date	October 2025	Review: 2 years.
Agreed to be adopted		Delegated to Headteacher

1. Purpose of Food Policy

This 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, maintained nurseries and nursery units attached to 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 breakfasts, 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 holidays

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021)
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists, portion sizes and allergy information (updated 2021)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- 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.

- For information on the school food standards for breakfast 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
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served 8.00 -8.50 am and are provided by: School catering team

We provide the following foods/drinks at breakfast:

- A selection of fortified low sugar cereals. Wholegrain cereals and porridge.
- Bagels or brown toast
- Butter, jam and low fat cheese spread are available
- Semi-skimmed milk for drinking or with cereal.
- fresh drinking water

Schools cannot provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per 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

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit should not be offered as a snack, and should only be offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per 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

Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per 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)

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

How snacks are organised at the school:

- Fruit is available for snacks at break time 10.30 – 11.am
- Water is available at all time of the day
- Pupils can bring in snacks from home to eat at school. We encourage parents and students that snacks brought into school or residential are healthy. We provide guidance for parents/carers and pupils on appropriate healthy snacks.
<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

- How do you identify and manage special dietary requirements and allergies at snack time – we have a no nut policy for the school. We encourage pupils to not share their snacks with others.

2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is served from 12.20pm till 1.20pm and is provided by: The school catering team

The school ensures:

- The school ensures quality in the supply chain and purchases most of its fresh foods from local suppliers where appropriate. I.e. the vegetables/ fruits and salads from a local green grocer, fresh meats and poultry from a butcher based in Carshalton and dried goods from Bidfoods national supply chain. A small amount of produce are purchased directly from Tesco. All foods are delivered directly to the school in chilled vehicles where appropriate. Products are checked for quality and temperature on arrival. Quickly stored under appropriate conditions. The school has a food hygiene rating of 5 stars.
- The school council has an input into the food items they would like to see on the menu, this applies to both the school and the residential.
- that parents / carers are encouraged to opt for school lunches for their children
- The school meets the statutory school food standards. Menus are planned around the requirements of the school standards, incorporating breakfast, lunches and dinner for residential children.
- The lunches provided address cultural, religious and special dietary needs including food allergies and medical conditions

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)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

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.

Lower fat milk is available for children at least once a day in addition to before and after school clubs.

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water only' school for all children.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

3. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Parents / carers
- Catering staff at school including chefs
- Person responsible for budgeting
- Teacher and teaching assistant representation
- Our local HSL contact as required
- School Governors
- National breakfast program

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision. The group that represents our pupils is called the school council. We actively encourage children from different backgrounds to join this group.

4. Food and Drink brought into school and parent engagement

4.1 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 meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:
<ul style="list-style-type: none">- Minimum of 1 portion of fruit and 1 portion of vegetables everyday- Meat, poultry, fish and non-dairy protein e.g. pulses

- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Processed meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice: no more than 150mls per day (restricted to children aged 5+)

DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

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

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

- The school website provides ideas for healthy packed lunches.
- Packed lunches are monitored by staff on duty. The DHT, OT & wellbeing team will support pupils and families and the steps taken if a packed lunch doesn't meet the above requirements.
- Provide details on facilities for pupils bringing in packed lunches in a cool bag.
- Provide details of the seating arrangements for pupils. E.g. we ensure that pupils who bring packed lunch sit and eat together with school lunch pupils.

5. 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>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead we encourage the following:

- The school provides packed lunches which ensure that food provided at events and school trips is healthy and well balanced
- Birthdays are celebrated by the school community at lunchtime through singing Happy Birthday. Some pupils will bring in a cake to share with their class or residential pupils. This is done in negotiation with the pastoral teacher to ensure allergies are managed safely.
- We support the reduction of sugar intake of pupils and their families through pastoral time, assemblies and health information and our FT lessons e.g. sugar smart themes day using Change4Life resources, display boards of the amounts of sugar in a range of drinks and snacks, newsletter articles with reducing sugar tips, cooking lessons or after school clubs with an emphasis on savoury dishes, promoting oral health, encouraging families to register with a dentist etc

7. 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 We buy certified Halal meats for our muslim children and these products are stored prepared, cooked in separate fridges and cooker/ovens, products are labelled halal right the way through the storage / cooking process and through to the service of food.
- Vegetarians and vegans Both vegetarians and vegans are catered for through the daily menus and are clearly labelled as such during the service.
- People with food allergies and intolerances ([guidance here](#)) The dietary needs of the learners are noted by the schools medical lead and the list is compiled and communicated to the catering team.
- People with medical conditions where dietary needs are impacted, where learners have medical needs this are communicated to the team via the medical lead.

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training

8. 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:

- Pupils' que in pastoral groups as managed by the staff team. Handwashing is close by and pupils are encouraged to wash hands. Pupils can sit with peer groups – although those needing additional safe eating sit closer to the servery. Food is via a servery where pupils choose the option they would like. Pupils have opportunities to have leadership roles. The focus is on social eating and communication.

- We encourage staff eat/ sit with the children to, role model good manners and eating behaviour, direct conversation and create a calm and relaxed eating environment. Staff are on duty – general and specific. Some pupils have “eating plans” (kept in the dining hall) and the OT works with staff and pupils to encourage reluctant /fussy eaters.

9. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- We have adequate facilities, suitable equipment, monitored and locked fridges and freezers, pest control, knife stores, grocery stores, risk assessments and all hazards identified.
- Our rating is 5 by food standards.
- Provide details on staff training e.g. all staff hold Level 2 food safety certification

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows some of the basic principles found in the National Curriculum through teaching about healthy eating, nutrition, and cooking.

- Food and nutrition is taught at an appropriate level and adapted to pupils needs.
- Food and nutrition is linked across the curriculum to other subjects. Festivals and food preferences are linked to learning about religious practices in RE. Links with PE emphasize the importance of nutrition and diet to sports performance. Links with Geography and History are explored through students learning about where and how food is produced and what people ate in the past.
- It is addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- All staff understand their role of promoting healthy eating messages in the school environment e.g. that all staff are informed about the policy through training, are given sufficient training so that they can teach and work effectively with pupils, teaching and about healthy eating, and to act as positive role models.

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

11. Extra-Curricular Activities

Residential

Provide details of any extra-curricular activities relating to food, cooking, nutrition or food growing.

We support more vulnerable pupils and those entitled to free school meals to access these opportunities.

12.1 Before school – breakfast.

12.2 Break times – fruit

12.3 Lunch time

12.4 After school – Residential snacks.

12.5 School trips – packed Lunches. School provided for most pupils.

12.6 During school holidays – Holiday packs & voucher scheme for vulnerable families.

12. Monitoring and Evaluation

- This policy will be monitored on a 2 yearly cycle by the Headteacher and Lead Teacher for hospitality and Catering.
- This policy will be shared with staff, parents/carers and pupils via our website and internal policy system and displayed in key areas of the school.
- For the Healthy Schools London Bronze award, it is now a requirement that this policy is on the school website for all to access.

13. Policy Review

Policy Implementation Date: 8th October 2025

Next Review Date: 8th October 2027

Signed: C. Rowlandson – Headteacher.

Date: 01/10.2025