

WOOKEY PRIMARY SCHOOL FOOD and HEALTHY EATING POLICY



Together we learn and grow

Adopted by FGB in January 2026

Review date: by January 2028

The policy will be reviewed every 2 years.

Introduction

The school is dedicated to providing an environment that promotes healthy eating and supports pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the day and in line with the mandatory School Food Standards.
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
4. To ensure that children with allergies and intolerances to food are safe and are not exposed to foods that may cause them harm.

Food throughout the school day

1. Breakfast and after school club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.45am – 8.50am. Breakfast on offer includes whole grain cereal, fruit and yoghurt. After school food is a mix of fruit, vegetables and bread-based snacks. Crisps and biscuits are given in moderation and in small quantities. Water, low sugar squash and milk are always available.

2. School Lunches

School meals are provided by the Fabulous Lunch Company and are served

between 12 noon and 12.45pm in the hall. The school meals meet the mandatory requirements of the School Food Standards 2015 (See appendix).

All meals are planned on a 4-week cycle and always contain a meat/ fish and vegetarian option as well as non-dairy and gluten-free alternatives.

3. Packed Lunches

The school's packed lunch advice uses guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Parents may want to consider guidance to include oily fish once every 3 weeks e.g. sardines or salmon

The weight of portions is also important, and is the same as for hot meals.

Packed lunches should keep the following to a minimum (only 1 of each):

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

Packed lunches should not include:

- Sweets or confectionary

Polite reminders will be sent home via your child's teacher to support these healthy choice guidelines.

Pupils have constant access to their water bottles, therefore there is no need for packed lunches to include a drink.

4. Healthy Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

- In Little Acorns, Rowan and Oak, fruit and vegetable snacks are provided during the morning.

We encourage other children to bring in a healthy snack for morning break. The snack can consist of

- fresh fruit, whole or sliced
- fresh vegetable snacks
- plain breadsticks
- plain unsalted rice/ corn cakes
- plain unsalted crackers
- no added sugar packaged snack

We do not allow crisps, biscuits or chocolate bars at snack time.

5. Drinks

The school is a **water only** school, with the exception of the free milk entitlement and squash offered at wraparound care. Children must bring their own water bottles into class and lunch. Fizzy drinks are **not** allowed.

6. School trips

A packed lunch can be provided by the school for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

7. Rewards and Special Occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school.

Special Occasions

Occasional external fund-raising events and celebrations may include the offer or sale of treat food such as cakes or ice creams. Curriculum themed activities may introduce children to food from other cultures as part of a classroom lesson. Any dietary requirements will always be adhered to.

8. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). Staff delivering cooking sessions and clubs will be overseen by at least one person who has achieved Level 1/2 in Food Safety and Hygiene.

9. Specialist Nurture Provision

We run a Nurture Provision in school called The Beehive. Children receiving this provision are offered breakfast and snacks in line with their individual needs. These are broadly healthy snacks and eating healthily is encouraged and promoted. Sometimes sweetened foods and food containing higher levels of fat or sugar are offered.

10. Early Years

In addition to the whole school food and healthy eating policy, staff and parents in the Early Years (Preschool and Reception) should follow the Government's Early Years Foundation Stage Nutrition Guidance when preparing food for children aged 5 and under. The guidance can be found [here](#).

It is important to note that there is an increased risk of choking with our youngest children, and therefore **items presenting a choking risk - such as whole grapes, whole cherry tomatoes and popcorn - are not permitted**. Grapes, tomatoes and other round fruits/vegetables should be chopped/sliced appropriately to reduce this risk.

11. Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. The school office holds a file with the list of pupils with food allergies. This is shared with relevant staff members.

12. Allergens/allergies and anaphylaxis

The lunch menus and all allergen information can be found on our school website. Meals are prepared, packaged and advertised in line with Natasha's Law.

Packed lunches must be compliant with the school's 'nut aware' policy, which can be found on the school website.

We maintain an up-to-date record of children's medical needs. All staff receive training on allergy awareness and use of emergency medication (e.g. EpiPen). Children with allergies will have an individual healthcare plan, agreed with parents. Emergency procedures are displayed clearly and known to all staff.

We enforce the rule that children do not share their lunch with their peers. The children may not be aware of their peer's allergies, intolerances or dietary preferences and/or know the contents of their lunch.

13. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

14. Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

15. Monitoring and review

We will consult staff, parents and children in relation to healthy foods and take notice of their views in this policy.

Note: This policy will be reviewed initially by the Wellbeing Action Group which will bring together children, parents, staff and governors, launching in Spring 2026.