



St Mary's Church of England Primary School
Established 1845

Food in School Policy

What's it all about?

We know that good nutrition is essential for children to grow properly, do their best in school and be healthy and happy in the future.

It is our job at St Mary's to make sure that all food provided in schools is healthy. We have been working for some years with the parents and governors to provide healthy food and drinks in school and to help children and young people make healthier choices about food.

Healthier food is food that is low in fat, salt and sugar and high in fibre, for example, fruit and vegetables, lean meat, eggs, milk, bread, potatoes and pasta. Through specific teaching and the provision of a healthy environment, where regular exercise and healthy eating are positively encouraged, we are aiming to help children make healthier choices. This means:

- providing healthy food and drinks
- helping children to learn about food - how it grows and where it comes from, the different types of food that make up a balanced diet making sure that children know how to plan and cook healthy meals

While St Mary's will play an important role, parents do also.

We must remember that parents and carers who look after children have the biggest part to play in what children eat.

Remember

- children have the right to know what food is good for them and to make choices about what they eat
- for some children food is particularly important because they have a disability or an allergy or because of their culture or religion
- we will support children's emotional health and also encourage regular exercise

Our Approach

Is a 'whole school approach' to all the food that is provided and eaten in School. This ensures everyone is working together and not doing different things.

We provide:

- Hot food daily
- At least two portions of fruit and vegetables every lunch time
- Rice and pasta must be offered at least once a week.
- Pies, casseroles and stew have at least half a portion of vegetables per serving.

- Water to drink is available every day.
- Fish is available at least once a week.
- Freshly baked homemade bread is offered every day

School Meals

Food is provided for children who have particular needs because of disability, allergy, religion or culture - by our school caterers DSJ Management Ltd (The Royal Oak, Gladestry). Pupils and parents should talk about what is needed before ordering meals.

The Department of Education subsidise free school meals for all Reception and Infant pupils. Recently this provision has increased from £2.34 to £2.41 per meal, however the school also has to subsidise each meal by 30p as the increase is insufficient to meet the overall cost. It also provides for Junior pupils who receive Pupil Premium. St Mary's makes it easy for pupils to get free meal without embarrassment and encourages anyone who is eligible for free meals to take them. Supermarket Vouchers help families during the school holidays.

Staying healthy

Drinking water is encouraged.

Cakes or biscuits are only provided as part of a balanced lunch or for special celebrations.



Drinking water in school

Fresh water is freely available every day. Pupils bring in their drinks bottles and place them in the areas provided. Drinking water is about more than keeping thirst away - it is tooth friendly and can also improve children's concentration.

Drinking milk in schools

Milk is available to all children in Reception and the Infants daily. This is funded from our Sports Grant and is FREE. Milk is high in calcium, which is important for growing bones and teeth. Calcium is more easily taken into the body from milk than from vegetable foods. Milk also provides a good source of protein.



Learning about food and cooking

In PHSE (Relationship Education), Science and Cooking pupils learn about food, healthy eating and being active, right through school.

Children will all learn about a healthy diet and how to plan and cook seasonal healthy meals safely.

Other Information

Food and drinks children bring into Schools as packed lunches should be healthy and balanced. This is the responsibility of the parent/carer.

A selection of fresh fruit will be provided for all children at morning break time

Staff are all aware of Natasha's Law.

Lunchtime is between 12-1pm

Parents are very welcome to discuss any concerns.



Date Implemented:	January 2024
Approved by:	Laura Scrivens (Chair of Governors)
Person Responsible:	Peter Kyles (Principal)
Reviewed date:	January 2026