

St Boniface Federation



Healthy Eating Policy

St Saviour's Catholic Primary School, Totland

St Mary's Catholic Primary School, Ryde

St Thomas of Canterbury Catholic Primary school, Carisbrooke

The policies of the Governors of the St Boniface Federation are intended to ensure that the children rejoice in their dignity as children of God and as a unique creation of God's love. The policies are written so as to support the most effective teaching and learning that we can provide. It is our intention that every aspect of school life will support this fundamental aim.

Signed on behalf of Governors: Alexandra Pettitt Chair of Governors Date: February 2026	To be reviewed by: February 2028
Revisions made	

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.

Food and Drink Provision Throughout the Day

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, 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-forschools>
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

Breakfast

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

Breakfast is served from 8-8.30am and are provided We provide the following foods/drinks at breakfast:

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

For information on the school food standards for breakfast (and all other meals outside of lunch) 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 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.

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.

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

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 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)

School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Chartwells. 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)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

After school clubs

When food is offered at after school club, we serve biscuits at the start of After school club and squash. For the second session we offer beans/spaghetti on toast. Water is always available.

Schools cannot provide the following foods for after school club

- 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.

For information on the school food standards for after school clubs 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

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 breakfast and at lunchtimes.

Menu Development and Consultation

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

- Catering company/provider including the catering company nutritionist/dietitian
- Catering staff at school including chefs and lunchtime supervisors
- School Governors

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision through consultations with all pupils through the pupil voice opportunities. We actively encourage children from different backgrounds to join this group.

Food and Drink brought into school and parent engagement

Packed lunches

We encourage parents to provide healthy well-balanced packed lunches. This should not include items that are heated or items that cannot be eaten safely by children alone. E.g. food that could scald them or food with bones that might cause a specific choking hazard.

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

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat
- 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), any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed) as a drink

LIMIT:

- Processed meat products such as 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

DO NOT INCLUDE:

- Salty snacks such as crisps
- 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/>

Our healthy packed lunch guidance is on the website and regular reminders are included in parent newsletters

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:

- For children's birthdays they are encouraged to bring in a story book to present to their class. They can also bring in fruit to share with other children.
- On school trips, pupils bring healthy packed lunches in line with the guidance

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 ([guidance here](#))
- 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:

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 who have school meals and packed lunches are seated together
- The menus are displayed and posters are displayed for special events
- Music is played in the dining hall on occasions

Food Safety

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

- We provide safe and hygienic facilities to prepare and store all our food

- We complete regular staff training and ensure that risk assessments and hazards are identified.
- Catering staff food have completed Level 2 food safety certification

Monitoring and Evaluation

The Executive Head, Heads of School and School Governors monitor and review this policy, including all menu provision, annually.

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.