

# **Burleyfields Primary School**



## **Food Hygiene and Healthy Eating Policy September 2026**

Date of next review: September 2028

## **Food and Healthy Eating Policy**

### **Safeguarding**

Burleyfields Primary School is committed to safeguarding and promoting the welfare of its pupils. We believe all staff and visitors have an important and unique role to play in the protection of children.

### **Introduction**

Burleyfields Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is on the website. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet.

[The Eatwell Guide - NHS www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

### **Rationale**

Burleyfields promotes health awareness to all members of the school community. We provide valuable role models to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### **Aims and Objectives**

- To encourage all children to be responsible for their own health and choices.
- To contribute to the healthy physical development of all members of our school community.
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To ensure that we are giving consistent messages about food and health

### **Food Across the Curriculum**

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- Science, PSHE, PE, DT and that it remains consistent with the whole school food policy.

Every year group, children will complete a cookery unit – which is part of the DT curriculum - which will always include aspects of health and nutrition. In PSHE children learn about a healthy diet. In PE the children look at how to stay healthy and the importance of a healthy life style. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

### **School and food provision throughout the school day**

#### **Breakfast club**

Operates on a daily basis in the school for all children from Nursery-YR.

The food offered is healthy and is consistent with a healthy diet. We provide toast, a range of low sugar cereals, and fruit.

#### **Snacks**

All of our children in Foundation Stage are offered milk daily which is free for children. Also the school participates in the Government initiative to provide all foundation and Key Stage 1 children with free fruit and vegetables at snack time.

### **School lunches and packed lunches**

All our school meals are provided by Aspens. Children are provided with a choice of meals including a hot, cold, vegetarian and jacket potato option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children. Menus are displayed on Arbor and Family for parents and carers to view and choose their meals.

Many children bring packed lunch to school. We have guidance on what children should include for a healthy and balanced packed lunch, these are not stored longer four hours. The school requests that parents ensure that there is an ice pack in their child's lunchbox. All children have access to cooled water at lunch time. The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy / less healthy to eat.

#### **Foundation Stage**

Snack time in Early Years provides a range of different fruit and vegetables.

### **Use of food as a reward/birthdays and Special occasions**

For birthday's children are able to bring in a small treat to be sent home with their classmates so that parents/carers can make the decision as to when or if they can be eaten.

#### **Water only school**

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle to store their water in. Children may drink their water at any time.

## **Special Dietary Requirements**

### **Vegetarian diets**

School caterers offer a vegetarian option at lunch every day.

### **Special Diets - Medical**

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen, classrooms and staffroom with their exact dietary requirements. Aspens meet with parents for those children who require a special diet due to allergies.

### **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available. Any food safety hazards are identified and controlled. Risk assessments are completed for any cooking activity or food tasking experience.

### **The food and eating environment**

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and are able to encourage healthy eating. All children are monitored whilst they are eating at any point throughout the day.

### **Leading by example and staff training**

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children, we model healthy eating in front of the children and staff will often eat their dinner with children to model good eating behaviour.

### **Partnership with parents and carers**

The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through school. Parents are invited into school to come and eat with their children.

### **Staff Training and Personal Hygiene**

All staff handling food must receive appropriate, up-to-date food hygiene training. Staff must follow strict handwashing protocols and wear protective clothing.

### **Preventing Cross-Contamination**

Use separate, color-coded equipment and areas for raw and cooked foods. Ensure, for example, that [raw poultry is not washed](#) to prevent bacteria splashing.

### **Safe Storage and Temperature Monitoring**

Food, including packed lunches and classroom snacks, should be stored safely. Fridges must operate at less than 5°C.

### **Cleaning and Premises**

A strict daily cleaning and disinfection regime for all kitchens, serving, and dining areas must be maintained. Pests must be managed through preventative measures.

### **Pupil Hygiene Education**

Teaching children to wash their hands before eating and to not consume food that has fallen on the floor is essential. In line with the food safety procedures.