



Whole School Food Policy

**Prepared by the teachers, parents, governors and pupils of
Toynton All Saints Primary School**

**As we have a duty to keep children with allergies safe; we are
a NUT FREE SCHOOL**

We are by choice a WATER ONLY SCHOOL

Toynton All Saints Primary School is dedicated to providing an environment that promotes healthy eating and enables children to make informed food choices. This will be achieved by the whole school approach to food provision and food education in this policy.

Our school currently holds a Food for Life - Bronze Award.

Aims

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day, in line with the mandatory school food standards
- To support children to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community

Food throughout the school day

Breakfast Club

Breakfast is an important meal that should provide 25% of a Child's energy requirement. The school runs a daily breakfast club from 7.30am to school opening time. Wholemeal toast and low sugar cereals are offered to the children.

School Lunches

School meals are provided by our own school kitchen and served between 11.50am and 1.00pm in the school dining hall. The school meals and school kitchen meet the mandatory requirements, and local ingredients are sourced where possible. School meals are planned for a three-week cycle and contain meat or fish and a vegetarian option. Our school menus can be found on our school website.

School meals are provided free of charge for children up to the end of Year 2, and to children entitled to free school meals. Parents are able to purchase school meals via ParentMail, or they can provide a packed lunch from home.

Packed Lunches:

The school packed lunch guidance is developed from the School Food Standards Practical Guide which aims to support children in having a balanced lunch and best prepares them for learning in the afternoon.

Packed lunches **should** aim to include:

- Starchy foods such as bread, pitta bread, wraps, pasta, potatoes, rice and couscous
- Portions of fruit
- Portions of vegetables or salad
- Dairy food such as cheese or yoghurt (**Low fat/sugar or natural**)
- Meat, fish or another source of protein such as beans, pulses, hummus or falafel
- Only **low fat/sugar** cereal bars, biscuits, pastries or cakes
- Water

Packed lunches **should not** include any of the following:

- Salty crisp options.
- Sweets
- Any items containing chocolate or biscuit
- Nuts
- Fizzy or sugary drinks

Please see the link below for ideas around healthy lunch boxes

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

Snacks:

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years (Little Acorns to Year 2 Children) snacks are provided during the morning and include a selection of fresh fruit and vegetables. For Key Stage 2 Children, parents may provide a healthy snack, such as fruit and vegetables.

After School Clubs:

The school runs a daily after school club up until 6.00pm. Wholemeal toast is offered.

Drinks:

The school is a 'water only' school with the exception of free milk entitlement. Water is provided throughout the school day. Children are asked to bring in filled, labelled water bottles from home. Fizzy or flavoured, sugary drinks are not part of the Whole School Food Policy.

School Trips:

A packed lunch can be provided for children who usually have a school meal. If preferred, parents can provide their own packed lunch which meets the packed lunch guidance.

Rewards and special occasions

The school recognises the importance of celebrating birthdays and special occasions. The school welcomes any parents who wish to send in treats for their children to share on their birthdays.

We welcome a variety of foods from different cultures for children to try. Our school cook, Mrs Cragg, provides food for Christmas, Easter and other celebration events. The school welcomes suggestions for other celebrations.

Occasional fund-raising events may include the sale of treat foods such as cakes, popcorn, candy floss and ice cream alongside savoury food and drinks.

Children may be rewarded for good behaviour with treats such as hot chocolate or tea and biscuits.

Learning about Food

Food and nutrition is taught throughout each Key Stage in Science and PHSE. Teaching children to understand what makes a balanced diet is an essential part of their learning.

Dietary Requirements

The school does everything possible to accommodate special dietary requirements such as allergies, intolerances, religious or cultural practices. Please discuss your requirements with the Head Teacher.

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Last reviewed October 2025

