



# Whole School Food Policy

Approved: **May 2024**

Next Review: **May 2026**



## INTRODUCTION

Riverside Primary School is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole-school approach to food and nutrition documented in this 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.

## THE MAIN AIMS OF OUR SCHOOL POLICY ARE:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To enable parents and carers to have insightful knowledge of healthy living facilitated at our parent coffee mornings by guest health professionals.
- To improve the nutritional quality of packed lunches in school.

### **A whole-school approach**

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole school community about healthy eating and good nutrition within school.

### **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



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Headteacher: Sarah Kinnaird | Address: Renwick Road, Barking, IG11 0FU | Web: [www.riversidecampus.com](http://www.riversidecampus.com)

Email: [primary@riverside.bardaglea.org.uk](mailto:primary@riverside.bardaglea.org.uk) | Tel: 020 3946 5888

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 from reception age to 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, tuck shops and after school clubs.

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

For children in Reception, who are under 5 years old, schools should ensure they provide free foods and drinks to support younger children, who have slightly different energy and nutrient needs. For example:

- Schools should make use of the free fruit and vegetable scheme to ensure children in Reception are offered an additional snack to older primary school children. This could be made more nutrient-dense by serving with yoghurt or a healthy dip.
- Schools can consider offering an additional starchy carbohydrate snack to align more with the nutritional needs of children under 5 years.
- Schools should ensure milk is provided free of charge daily to Reception age children (whole or semi skimmed).
- Children aged under 5 years should only drink plain milk and water.



- Schools should be aware of additional food safety applicable to children aged under 5 years (see section 8).

## Breakfast

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

- 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](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

Breakfast is served from 7:30am to 8:30am and is provided by Magic Breakfast. The food served at breakfast club includes the following

- Low sugar cereals with low fat milk
- Wholemeal bagels
- Low fat spread
- Fresh fruit
- Water

*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.

At Riverside Primary we provide the following snacks:

- All KS1 and KS2 pupils receive fresh fruit at breaktime
- No other snacks are provided at any other time

*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)*

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](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

### School lunches

Our school lunch is provided by Aspens Catering Company. The school lunch menus meet the statutory school food standards.

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

At afterschool club we serve fresh fruit only. 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](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.





Other than provision once per day of milk, as required by the School Food Standards, we are currently operating as a 'water only' school and following the toolkit below.

<https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

### 3. Menu Development and Consultation

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

- Healthy Schools Borough team
- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- 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 School Council. 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.

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:

- Food provided for special events e.g. Headteacher's tea party and class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), savoury item, a sweet item and a drink. Food is not used as a reward system.
- On school trips, pupils bring healthy packed lunches in line with the guidance
- The school does not encourage the eating of sweets or other foods high in sugar or fat, a reward for good behaviour or academic or other achievements. Other methods of



positive reinforcement are used in school

We also take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch policy and regular monitoring by SLT;
- Display boards highlighting the amounts of sugar in a range of drinks compared with maximum daily sugar intake;
- Promoting oral health by encouraging children in Early Years to participate in the School Oral Hygiene programme – for free resources you can visit the Oral Health Foundation’s website:

<https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on [ohp@clch.nhs.uk](mailto:ohp@clch.nhs.uk)

Riverside Primary School follows guidelines as set out by gov.uk

<https://www.gov.uk/government/news/guidelines-on-reducing-sugar-in-food-published-for-industry>

### 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 line up and walk quietly into the dining hall
- There are posters in the dining promoting healthy food choices.
- SLT sit with children to eat their lunch to encourage positive behaviours.
- Children sit side by side and face to face in the lunch hall at long tables to encourage social interaction

### 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

### Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Cooking and nutrition is taught across each key stage in PSHE, science and DT



**Science** – Pupils study a range of topics that provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children's learning about living things includes growing plants which are prepared and eaten in D&T.

This is supported through further cross curricular links:

- **Physical Education (PE)** – Pupils to be made aware of the importance of a healthy diet and to recognise the links between a healthy diet and physical activity for both their short-term and long-term wellbeing.
- **Personal, Social and Health Education (PSHE)** – Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people.
- **Religious Education (RE)** – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.
- From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g. manufacturers or supermarkets.

### Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers' planning meetings.

For more information please refer to:



- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science - <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

### Extra-Curricular Activities

The school aims to provide a no-cook cooking club, developing basic skills in planning, preparation and eating healthy snacks as well as an understanding of basic food hygiene.

In addition to this, the school also provides a weekly sports club for children and will also be participating in the Daily Mile.

### Role of staff

It is the responsibility of the co-ordinators to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively;
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils; o Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework; to Liaise with Caterers;
- Monitor teaching and learning about healthy eating;
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating;
- Encourage positive role models amongst all staff;
- Refer any children and parents to School Nurse to encourage promoting healthy Packed Lunches along with adequate healthy dietary requirements.



## Role of Parents/Carers

Riverside Primary School is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice;
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school;
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

## Role of Governors

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents/carers about the food policy as required.

## Monitoring and Evaluation

SLT, School Governors and the Healthy Schools lead monitor and review this policy, including all menu provision, annually.

## Policy Review

This policy will be reviewed every 2 years.





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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.