



Food in School Policy

Last reviewed: 01.09.2026

Owner: Headteacher

Due for review: 1.09.2027

Reviewed by: FGB

1. Aims

Proper nutrition is essential for good health and effective learning. We aim to promote healthy and balanced eating by:

- 1.1. Providing a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- 1.2. Providing a whole school, whole day approach to nutrition that makes the healthier choices, easier choices.

2. Food Allergies and Allergen Bans

2.1. Nuts, kiwi and sesame as well as any food containing them are not allowed to be brought into school, for any reason.

- 2.1.1. To ensure this list remains relevant, it is reviewed at the start of each academic year and whenever a new child with allergies joins the school.
- 2.1.2. If a food item containing (or suspected to contain) a banned allergen is brought into school:
 - 2.1.2.1. It will be removed immediately and safely stored away from all children.
 - 2.1.2.2. The parent or carer will be informed and reminded of the school's allergen restrictions.
 - 2.1.2.3. Staff will use the opportunity to reinforce allergy awareness and education with relevant pupils in a supportive, non-punitive way.
 - 2.1.2.4. If items continue to be brought in despite reminders, the matter will be followed up by a member of the safeguarding team.
- 2.1.3. These measures are designed to protect children at risk of anaphylaxis and ensure consistent understanding and compliance across the school community.
- 2.2. Children should not share food in school. This is to protect pupils with allergies.

3. Packed Lunches

Guidance on the content of packed lunches is available to all parents. We encourage parents to pack a healthy variety of foods. Sweets, sugary drinks and chocolate are not allowed. The school provides a suitable storage area for lunch boxes. All uneaten food is returned to the lunch box so that parents know what has been eaten.

In hot weather, parents are asked to pack lunches with perishable items in insulated containers with an ice-pack as the storage areas, as we are not able to offer refrigerated storage.

4. Mid morning snack

- 4.1. Children in Years R-2 are provided with a morning snack, and children in Years 3-6 may bring their own. In both cases, this must be fruit or vegetables to promote healthy choices and minimise litter.

4.2. Milk is available during the day to those who request it through the 'Cool Milk' scheme.

5. Drinks policy

5.1. All children must bring a water bottle to school; they are encouraged to drink water regularly.

5.2. Children keep water bottles in their classroom or cloakroom and may access them regularly.

6. Treats and Rewards

6.1. Food / sweets are not used as rewards by the school.

6.2. Children are not permitted to bring in sweets or cakes for birthdays.

7. Food in the curriculum

Where food is part of the school curriculum, teachers will uphold the principles of this policy and strive for inclusion in line with the [Allergy and Anaphylaxis Policy](#).