



**St Richard's CE Primary School**

# **Food and Drink Policy**

## **2026-28**

|                                     |                               |
|-------------------------------------|-------------------------------|
| This policy was reviewed:           | Spring 2026                   |
| This policy will be reviewed again: | Spring 2028                   |
| This policy will be reviewed by:    | School Community<br>Committee |
| Statutory policy:                   | No                            |
| Source:                             | Governing Body                |

# **Whole School Food and Drink Policy**

## **Introduction**

As a Healthy Early Years London (HEYL) setting we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and recognise that we can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

We are also an allergy aware school.

## **Aims**

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils 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 including pupils, staff and parents/carers.
- To meet the voluntary guidelines for Early Years settings in England
- To educate children on allergies, how to recognise possible allergens

## **The promotion of healthy eating in the curriculum**

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

Food and nutrition is taught at an appropriate level throughout each key stage in science, Health and Wellbeing education and Design Technology (cooking and nutrition).

In addition, our younger children in particular, are given opportunities to explore food using their different senses. Children are involved in food growing e.g. runner beans and cress and in food preparation, such as simple cold dishes: fruit salads and vegetable salads. Children are encouraged and helped to be successful in whatever self-feeding and self-serving they are capable of doing to support their growing independence, for example Nursery children are encouraged to serve themselves and children are given spoons and forks to eat independently.

## The promotion of healthy eating throughout the day

### **Meal and snack times are relaxed, calm and with shared conversation**

Meal and snack times are recognised as an important time to develop verbal skills as well as a time to learn about healthy and independent eating. We offer help, role model good manners and eating behaviour, direct conversation, and create a calm and relaxed eating environment. At the same time, we supervise the children eating and oversee dietary needs. Staff also support children when eating by showing them how to use knives and forks to feed themselves and promote independence. Portion sizes are age appropriate.

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.45 – 8.55am. The breakfast menu includes a selection of items including cereal, toast, porridge, fruit and yoghurt. Drinks available are milk and water. In addition, one-off breakfast events are organised throughout the year such as Bike & Breakfast, International Breakfast etc.

### **Lunch School Meals**

School meals are provided by Cater Link Limited and served between 11.55am and 12.55pm in the dining hall. All children in Reception, KS1 and KS2 are offered a universal free school meal. The school meals meet all the mandatory requirements of the School Food Standards 2015. School meals are planned on a three-weekly cycle. They usually contain meat or fish and a vegetarian option. In addition, children can help themselves to a selection of salad vegetables, fruit and bread. The school meals menu can be found on our school [website](#). Any child that has allergies will have a separate individualised meal plan created by the nutrition team, and follows as closely to the main menu as possible to promote inclusivity.

**Packed Lunches** Packed lunches include those brought from home as well as those provided by the school or by parents for trips. We encourage parents to provide healthy well balanced packed lunches that best prepare children for learning in the afternoon. Packed lunches should aim to include:

- Some **starchy foods** such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible. Across the week, try to provide three different types of starchy foods including at least one wholegrain/wholewheat variety
- **One portion of fruit** and **one portion of vegetables** or salad
- **Dairy foods** such as milk, cheese, yoghurt or dairy alternatives fortified with calcium and unsweetened. Offered daily as part of sandwich, or a dessert.

- **Meat, fish, or another source of protein** such as eggs, beans and pulses, hummus, falafel. Offered daily, as part of a sandwich, roll or salad
- **Oily fish** once every 3 weeks e.g. sardines or salmon

A drink of water – no other drinks are permitted

Other items which are healthier options include;

- Pretzels, crackers and cheese, vegetables or breadsticks with a dip
- A sugar-free/ low sugar/ fruit-based dessert option such as malt loaf, banana loaf, sugar-free jelly
- Dried fruit as part of a lunch (not as part of a snack)

Packed lunches **should not** include:

- Any items containing nuts
- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, chocolate coated biscuits, cakes or /desserts

The school provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink. Fizzy drinks, squash or fruit juices should not be brought into school as we are a water only school.

For detailed guidance around our packed lunch policy and guidance around Healthy Packed lunches, see our website [here](#).

### **Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. In particular young children have small stomachs and high nutrient needs as they grow and develop. Children in key stage 1 and Early Years are offered a piece of fruit or vegetable on a daily basis.

After school, snacks are provided by the 3Bee's after school club team to children who remain in school after 4.30pm and include fruit, sandwiches, pizza and other ~~options~~ light options.

### **Drinks**

Our school follows a water-only policy, meaning that only water and milk are available during the school day. Milk is provided free of charge to all children under the age of five and to those eligible for Free School Meals. We also participate in the '[Cool Milk](#)' scheme, which allows parents to register and pay if their child does not qualify for free milk. Water is always available at lunchtime, at several water

fountains around the playground, and all children are encouraged to bring their own water bottle to school, which they can refill in their classroom.

We request that no energy drinks, fizzy drinks, and high sugar still drinks e.g. squash, Rubicon/Ribena or fruit shoots are sent into school.

### **School trips**

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches should adhere to the same food and drink guidance described above.

## **Rewards and special occasions**

### **Rewards**

The school does not use food as a reward for good behaviour or achievement and we use other methods of positive reinforcement such as house points, stickers, class rewards, Praise Notes, Headteacher stickers, Silver and Gold Awards.

### **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions and in addition that in moderation no food is 'unhealthy'. Therefore, there are a few whole school special occasions where we may offer children an otherwise unhealthy treat. For example, an end of year party; at a school summer fete. On these occasions, we will try to offer a broad choice and include some healthy options. We welcome a variety of foods, from different cultures, for children to try. Occasionally, we will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

For those with allergies, a suitable alternative will be provided and offered with the prior permission of parents and or carers.

Some fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

### **Birthdays**

We don't accept sweets, cakes, and biscuits as birthday treats for the class. This is part of our wider whole school food approach as well as ensuring we are inclusive to all students including those who have severe food allergies. Children's birthdays will continue to be celebrated in school in variety of ways without involvement of food.

## Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Parents of a child who has medically evidenced food allergy or intolerance should complete the required online form for the catering company Caterlink (available at the school office) prior to ordering school dinners for their child. Individual Health care plans (IHCP's) are created for pupils with food allergies and for children taking a school dinner a specialist menu is created and signed off by parents. The lead member of staff for this is Alex Rice, Attendance, Welfare and Wellbeing Officer. Pupils' food allergies are displayed in a sensitive way out of the sight of pupils and visitors around the school including in the School Kitchen.

We encourage a practice of 'no food sharing' to reduce the risk of children accidentally eating or drinking their food allergen.

Although, we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. Children are not permitted to bring nuts or products (bought or homemade) that contain nuts. We try to minimise the risk by adopting a culture of allergy awareness and education. All staff undertake yearly allergy awareness training and we encourage parents to access free [Food allergy and intolerance online training](#) provided by Food Standard Agency.

We include and use a variety of age-appropriate resources in the curriculum for children to be allergy aware. We want to embrace and promote inclusivity by using positive language and talking openly about allergies to help normalise them.

Risk assessments are conducted for all school trips and activities happening within school to ensure that everyone is able to take part.

## Support for parents

We regularly provide parents with information about the importance of a healthy diet in our newsletters and website. This will include advice around what to put in a packed lunch; sign posting to help websites etc.

We encourage all families to check whether they are entitled to Free School Meals and to take a school lunch if they are.

We will also be encouraging eligible pregnant women and mothers with children under four to register with the Healthy Start scheme and access the weekly food vouchers and free Healthy Start vitamins. We provide effective support and information for parents and carers about all aspects of feeding infants and young children, weaning and fussy eating.

## **We have a supportive breastfeeding environment**

Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where they can access further breastfeeding support.

## **Cooking and Food Education in the Curriculum**

Cooking and nutrition are essential parts of the Primary Design & Technology curriculum, taught at an appropriate level in each key stage. Pupils develop knowledge of health, healthy eating, and food origins, alongside practical activities. Cooking is part of our wider approach to health and wellbeing, building pupils' enjoyment and self-confidence with food.

Risk assessments are conducted to ensure safe practice for anyone with food allergies and intolerances. Food, ingredients and equipment are stored appropriately to reduce the risk of cross contamination or a child/adult coming in to contact with their food allergen.

Beyond practical lessons, our school is dedicated to providing rich opportunities that inspire and enthuse children throughout their time with us. Through interactive activities, thematic days, and hands-on experiences, we aim to spark curiosity and foster a lifelong love of healthy eating and sustainable living. Our commitment to health and caring for our planet truly extends beyond the classroom walls—embedded in our ethos, school community initiatives, and everyday practices—so that children leave us not only with skills but with the motivation to make positive choices for themselves and the wider world.

We ensure;

- Each class aims to cook at least twice a year, learning practical skills. Healthy eating forms part of PSHE and is woven into D&T, PE, RE, Geography, and History. Children also learn about growing food, where ingredients come from, and applying healthy eating in context.
- In addition, early years and KS1 have opportunities to explore food.
- Year three takes home BriteBoxes each week to prepare a healthy meal with their families
- Year 4 and Year 5 take part in the 'Young Marketeers', an initiative organised in collaboration with the School Food Matters. Children pick fresh produce on the farm, prepare and sell jam and chutney at the market.

The following resources are used to develop, monitor and assess learning:

- Food teaching progression chart 5-11  
<https://www.foodafactoflife.org.uk/professionaldevelopment/ppd-toolkit/primary/food-teaching-progression-5-11-years/>

- Core competencies for children and young people aged 5-16 years: A framework of skills and knowledge around food diet and PA  
<https://www.foodafactoflife.org.uk/professionaldevelopment/ppd-toolkit/secondary/core-competences-for-children-and-young-peopleaged-5-16-years/>

The following resources are utilised:

- <https://foodafactoflife.org.uk/>
- <http://www.food.gov.uk>
- <http://www.nutrition.org.uk>
- Healthy Schools Wandsworth -Nutrition and food education
- <http://www.gardenorganic.org.uk/expert-advice/growing-in-your-space/schools/schoolgardening-resources>
- <http://www.treesforcities.org/our-work/schools-programme/edibleplaygrounds/educational-resources>

## Climate change consideration

Richmond Climate Emergency Strategy and Action Plan outlines key steps for schools and their catering teams to take, in order to provide sustainable food services. We are committed to reduce avoidable food waste in our school kitchen. We have introduced pre-ordering system where children choose their main meal and dessert in the morning. This helps the school cook to prepare the correct number of meals so there is less surplus food waste. At St Richards, we encourage our catering team to reduce single use plastic within the kitchen where possible. We have 'climate friendly' menu choices as well as meat free Mondays.

We are committed to establish effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school, including correct disposal of compostable food waste and compulsory food waste collection.

Our wide curriculum includes food growing projects, Eco Ambassadors and learning about the environment, sustainability and our individual responsibility towards taking actions to tackle climate change issues collaboratively. To enrich our D&T curriculum we use resources from Climate Change Resources Hub Richmond and take part in the Tiffin ECO conference.

## Staff and Visitors Expectations

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.

### **Monitoring and Evaluation of this policy**

We review this policy every two years. Each time, we look for ways to improve and keep our approach to food and drink balanced and healthy for everyone. We'll listen to feedback from families and pupils, check how many children are having school meals, and consider the needs of all our pupils as they grow and change.