



The Stalyhill Schools' Federation

FOOD & HEALTHY EATING POLICY

Date of last review:	Spring 2026
Committee:	Full Gov Body
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Policy Reference Number:	608
Staff Member:	Headteacher

The Stalyhill Schools' Federation Food and Healthy Eating Policy

Within the Stalyhill Schools' Federation we will continuously strive to ensure that everyone is treated with respect and dignity. Each person will be given fair and equal opportunities to develop their full potential regardless of their gender, transgender, ethnicity, culture and religious background, sexuality, disability, or special educational needs and ability. The school will actively promote equality and foster positive attitudes and commitment to an education for equality.

PLEASE NOTE THAT DUE TO SOME CHILDREN IN OUR SCHOOLS HAVING SEVERE NUT ALLERGIES, WE ARE FULLY NUT-FREE SCHOOLS. THIS MEANS THAT PARENTS SHOULD NOT SEND THEIR CHILD IN WITH NUTS OF ANY KIND AS A SNACK, AND THIS INCLUDES PRODUCTS WHICH CONTAIN NUTS, SUCH AS CEREAL BARS.

PURPOSE

We will provide high quality food and food education in school to help ensure food messages are consistent during the school day.

We will work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment.

AIMS

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices.
- Offer practical hands-on food education including cooking and growing projects.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

FOOD QUALITY

Our Goal

To ensure pupils and staff receive nutritious, fresh, local and organic food at lunchtime and throughout the school day, and that this food is delicious, seasonal, affordable and safe.

How we will achieve it

The schools work in close partnership with Taylor Shaw catering contractors and their onsite kitchen staff to ensure that the food served to the children is healthy, ethically sourced, attractively presented and uses local ingredients.

Taylor Shaw promise that;

- All their eggs are free range.
- Over 75% of their meals are freshly prepared using seasonal ingredients.
- They use local suppliers for meat and fruit & vegetables.
- All their menus comply with the school food plan healthy eating standards

In addition to this, we;

- Reduce food waste by supporting children to develop preferences and clearly state their choices to the catering staff at the hatch.

- Monitor what children are eating and liaise with parents if there is a concern.
- Keep all staff informed of any food allergies of staff/children in school and take appropriate steps to avoid contact with allergens.
- Work closely with the school catering service to ensure that the choice offered meets the needs of children on special diets.
- Provide parents with menus in advance, and keep them freely available to access on the school website, to enable them to make informed choices about lunch time provision of food for their children.
- Encourage children to choose fruit and vegetables as a snack by actively promoting the consumption of 5 A Day through the National School Fruit and Vegetable Scheme.
- Promote the drinking of water by asking children to bring personal water bottles into school and drink from them regularly.
- Provide a healthy packed lunch for children when they attend school trips.
- Not using sweets as rewards or treats in our schools.
- Encourage children to bring a book for the class library instead of sweets as a Birthday treat.
- Liaise with the Wise Owl breakfast and after school club to ensure that their provision is in line with school policy.

Meal choices

As lunches are free of charge at Stalyhill Infant School under the Universal Infant Free School Meal scheme, most of our children have a school lunch. However, a few parents at the Infant school and many at the Junior School elect to send their children with a packed lunch and we are of course happy to support and accommodate this choice.

Where parents are providing a packed lunch, these should ideally include;

Packed Lunches;

- At least 1 portion of fruit each day
- At least 1 portion of vegetable eg; carrot stick, cucumber, celery.
- 1 portion of meat, fish or other source of non-dairy protein each day (Chicken, Ham, Turkey, Beef, Pork, Tuna, Chickpea, Falafel, Hummus)
- 1 portion of starchy food each day (Bread, Pasta, Rice, Pitta, Couscous, Tortilla, Rice Cake)
- 1 portion of dairy each day (Cheese, Yoghurt)
- A drink of water each day

Snacks

As part of the governments fruit scheme the children at Stalyhill Infant school have a free piece of fresh fruit made available to them each day. This fruit / vegetable choice varies each week and season.

Parents sending their child into school with their own snack from home should choose from the following options:

- 1 Piece of fresh fruit / vegetable (eg, carrot sticks)
- Vegetable sticks
- A small box of dried fruit (eg. Raisins)
- A slice of malt loaf
- Plain rice cakes
- A small bag of plain popcorn
- A scotch pancake
- 1 Cereal bar (displaying a green or amber rating and not chocolate coated)

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LEARNING

Our Goal

To provide a well-planned curriculum that covers nutrition, food hygiene and sustainable and ethical food production including practical hands-on food education.

How we will achieve it

- Offer children the opportunity to prepare and taste different foods in food technology lessons and in a range of subjects across the curriculum.
- Help pupils understand the importance of a healthy diet. Pupils will be taught to recognise in simple terms the nutritional content of different foods so they begin to understand which foods they should eat a lot of and recognise those that they should have in moderation.
- Provide opportunities for growing food within school for example in our garden area and as part of our Forest School provision

SHARING THE MESSAGE

Our goal

To create an informed and lively food culture at school and in the wider community.

How we will achieve it

- Provide positive adult role models e.g. parents helping to cook in school, staff eating fruit, teachers making healthy choices at lunchtime.
- All teaching staff are trained in MECC (Making Every Contact Count), enabling them to hold difficult conversations with parents and carers around healthy weights, healthy diet, good oral hygiene etc. in a supportive and non-threatening manner
- Provide termly theme days, in partnership with our catering staff, linked to curriculum areas or calendar events.
- Help children to learn about ethical and environmental issues around food choices for example teaching about where food comes from.
- Involve the children in the Food & Healthy Eating policy through the School Council.
- Regularly seek the views of pupils and parents on the lunch menus and the school dining experience.
- Provide information about school catering at the new parents evening.
- Strive to create a relaxed, sociable and attractive dining experience
- Promote healthy choices with children who are chosen to sit at the Headteacher's table on a Friday lunchtime.
- Support parents in providing a healthy packed lunch for their child where necessary.

CURRICULUM MANAGEMENT

The coordination and planning of food and growing in the curriculum is the responsibility of the Science and Wellbeing leads, who will support colleagues in their teaching, by keeping informed about current developments in and providing a strategic lead and direction for this area.

The quality of teaching and learning in food technology is monitored and evaluated by the Science and Wellbeing Leads in different ways; lesson observations, joint curriculum planning, pupil voice discussions and work scrutiny are all used. Curriculum developments or changes in

assessments in order to improve standards will be included in the school self-evaluation and school improvement plan.

MONITORING & REVIEW

Senior leaders meet regularly with members of the Taylor Shaw catering team to discuss new developments or changes to food provision in school. This policy will be updated every two years to take account of changes in provision.