



Whole School Food Policy 2026

This policy covers many of the articles from the UN Convention on the Rights of the Child. Some key ones are listed below.

Article 3: All adults should do what is best for children. Adults should think about how their actions affect children.

Article 6: Every child has the right to life. Governments must do all they can to make sure children survive and develop to their full potential.

Article 24: Every child has the right to the best possible health. This includes clean water, nutritious food, a clean environment and health care.

Article 29: Every child has the right to an education which must develop every child's personality, talents and abilities to the full.

Grafton Primary School

Date of policy May 2026

Date of next review May 2028

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating and supporting good oral health. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

The school food standards (SFS) are mandatory for all maintained schools and intend to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided between 8am and 6pm, which would include breakfast, mid-morning snack, lunch, tuck shops and after school clubs. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

For children aged 0-5 years in maintained nurseries, nursery units within primary schools and Reception classes there are other requirements in the Early Years Foundation Stage (EYFS) that must be followed including portion sizes, dietary requirements, communication with parents/carers, food brought in from home, cost-effective healthy food, planning food activities, meeting the needs of all children (additional support needs, special diets, allergies, intolerances, coeliac disease, religious faith and beliefs) and safely managing special dietary requirements

For children aged under 5 years, schools should ensure they access free foods and drinks where available to support younger children, who have slightly different energy and nutrient needs, such as the free fruit and vegetable scheme, and access to free milk, and free meals (where eligible).

For more information please refer to:

- The [DFE Standards for School Food in England](#) (updated 2023)
- The DFE School Food Standards – [Resources for schools](#) (updated 2025)
- The [School Food Plan](#) – provides a range of resources including recipes ideas, portion sizes and learning from others
- The [EYFS Nutrition Guidance](#) (2025) – provides information to support children aged 5 years and younger (includes reception and nursery age)

2.2 Breakfast

Breakfast is an important meal and a contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals. We offer healthy foods selecting lower sugar, fat and salt options and fruit/vegetable is always available. We only

offer healthy drinks, including plain milk and tap water. Our menu is compliant with the school food standards, and we do not offer any foods that are restricted across the whole school day/week, such as meat products or pastry. Our breakfast offer takes into account the needs of younger children aged 0 to 5 years, such as choosing cereals with the lowest sugar and salt content and only offering plain milk or water as a drink. Our breakfast menu is advertised on our website and can be found [here](#)

2.3 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 is not offered as a snack and is only 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. Our snack offer takes into account the needs of younger children aged 0 to 5 years, such as considering offering 2 snacks per day, including plain starchy foods as part of at least 1 snack per day, and only offering plain milk or water as a drink.

All EYFS and KS1 pupils have fresh fruit at breaktime.

All KS2 can bring in a piece of fresh fruit at breaktime.

2.4 School Lunches

The school lunches meet the statutory school food standards. The offer is compliant with the school food standards, where certain foods/drinks are required; restricted or forbidden. In London, all primary school pupils are currently entitled to free school meals.

Our lunch offer takes into account the needs of younger children aged 0 to 5 years, such as ensuring all children have access to a non-dairy protein food, minimising the inclusion of less healthy foods that are high in saturated fat, salt and/or sugar, and only offering plain milk or water as a drink.

Our lunch menu is advertised on our website and can be found [here](#)

2.5 Drinks

Water is available for all pupils throughout the day, free of charge. Pupils are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for pupils at least once a day in addition to before school.

Children aged 5 years and younger are not offered skimmed or 1% cow's milk.

Appropriate drinks for children aged 1 to 5 years include fresh tap water and plain milk (whole milk, semi skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives).

We only provide drinks that are unsweetened, unfortified and additive free in line with permitted drinks detailed within the School Food Standards (for children from KS1 and older). We do not provide any other drinks, including squash, flavoured water, soft drinks and fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

3. Special Dietary Requirements

Grafton Primary does everything possible to accommodate pupils' specialist dietary requirements, including common dietary requirements, allergies, intolerances, religious or cultural practices, medical conditions and other additional needs. We work closely with parents/carers to manage any risks and have ongoing and open discussions. We seek professional advice for menu planning when required. We are familiar with, and follow the Top Tips for safely managing special dietary requirements as detailed within the [EYFS Nutrition Guidance](#)

As a 'nut aware' school, we ask parents/carers and staff and any other visitors not to bring nuts on site.

The Catering Manager holds the file with the list of food allergies and a copy of this is also held in the medical room. This is shared with relevant staff members. Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- Paediatric First Aid
- Adrenaline / anaphylactic shock (Epi Pen) training
- [Free food allergy training](#) – offered by the Food Standards Agency (optional but recommended, delete as required)

Our school creates a safe and inclusive environment for all children to eat and children with special dietary requirements are included in mealtimes with other children as far as possible. We have taken account of the supportive information and requirements as set out within the new [EYFS Nutrition Guidance](#) with regards to supporting children at school.

4. Food Safety and Hygiene

We ensure food safety at all stages of food preparation and storage, including:

- Adequate facilities, suitable equipment, risk assessments and hazards identified.
- Staff are trained (e.g. relevant staff hold Level 2 food safety certification).
- Additional [food safety measures](#) for younger children is understood and adhered to

5. Ethos, Environment, Socialisation and Sustainability

Good quality eating environments significantly increase the uptake of school food. Our dining area offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils and promotes healthy eating habits. Pupils are able to sit at tables with their peers and are given sufficient time to eat their lunch.

Staff understand the importance of being a good role model by sitting with pupils during mealtimes on occasions, sharing key messages that support healthy eating and by making healthy choices themselves.

Our school takes steps to promote sustainability e.g. buying seasonal fruits and vegetables, including some plant-based proteins, minimising products and packaged products purchased, buying local/regional where available, and taking account of [sustainable procurement](#).

Our school provides a lunchtime environment that promotes an opportunity to be sociable, including space and time in the dining room, an opportunity to sit with peers, a reduced queuing system, school council surveys around layout and style of dining room, and reviews of menus.

6. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include pupils, parents/carers, staff, caterers, governors and local healthy schools team.

We promote good uptake of school meals by including the following measures gathering feedback from pupils, parents and staff; offering regular tasting sessions at parents' evenings; and addressing cultural, religious and special dietary needs.

Our school council is regularly consulted about menus for lunch and has actively supported changes to dishes. The school council invites the caterers to meetings to discuss/review. We actively encourage pupils from different backgrounds to join this group.

7. Food and Drink brought into School and Parent Engagement

Packed lunches

We encourage parents to provide healthy and well-balanced packed lunches. Please see our website [here](#) for our packed lunch guidance. For younger children, we use the guide from [First Steps Nutrition Trust](#). In addition to our guidance, we communicate the importance of a healthy, balanced packed lunch and other food provision by running parent education workshops, auditing packed lunches and including information in our weekly bulletins.

Safe Practices

We share [best practices](#) with parents/carers around keeping all children safe, when bringing in foods from home, for example, safe storage of foods, minimising any risk of cross contamination and labelling foods. All staff are trained to recognise and manage symptoms of allergic reactions and the importance of communicating any observations with parents/carers.

Breastfeeding and Feeding Babies

We have a supportive breastfeeding environment. Mothers are welcome to breastfeed (or express breastmilk), and a secluded space will be provided, if required. As a Rights Respecting School, we recognise the UNICEF [Baby Friendly Initiative Standards](#).

We liaise and collaborate with parents/carers when supporting infants who are weaning and ensure any inclusion and preparation of first infant formula (under 12 months) is safely prepared.

10. Supporting Disadvantaged Children

NHS Healthy Start: We encourage pregnant women and mothers with children under four to register with the [Healthy Start Scheme](#) to access free weekly food vouchers and Healthy Start Vitamins.)

Free School Meals: We encourage all parents/carers to access a free school meal for their child.

11. 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. We deliver a spiral curriculum, building on pupils' knowledge and skills and learning is assessed throughout.

Food and cooking activities are included for younger children aged 5 years and younger, in line with EYFS requirements to help create a positive relationship with food. Activities are delivered in a fun and engaging way and aim to support independence, safe eating habits and food hygiene; develop fine motor skills and support children to make healthy food choices. Activity ideas are shared with parents/carers so these can be repeated at home.

13. Monitoring and Evaluation

We monitor and evaluate this policy every two years.