Food Policy

Furzedown Primary School

Written by: The Leadership Team **Approved by:** Dionne Morris

Next Review: Autumn 2026

Change History Record

Version	Description of Change	Date of Policy
1	Reviewed and revised	Summer 2023
2	Updated with Magic Breakfast and Afterschool Care packed tea/snack arrangement	Autumn 2025

1. Aims

The school is committed to supporting a healthy lifestyle through an understanding of healthy food and making the right food choices.

- To promote health awareness
- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat 5 pieces of fruit or vegetables each day.

2. Implementation

Drinks

- All children need a reusable water bottle to drink regularly throughout the day.
- Water fountains are available in all playgrounds.
- Free milk is provided for all children under 5
- **No juice, sugary soft or fizzy drinks are allowed.**

Allergies and Food Intolerances
At Furzedown we strive to provide a safe learning environment for all. Due to some of our pupils (and staff) experiencing allergies, we want to ensure we work closely with parents to support needs accordingly. We are an allergy aware school and want to improve our sharing of that awareness by having regular conversations around different types of allergies.

There are 14 major food allergens which by law need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food product or meal.

The top 14 food allergens are:

Peanuts; Celery; Cereals containing gluten; Crustaceans; Eggs; Fish; Lupin; Milk; Molluscs; Mustard; Tree Nuts; Sesame seeds; Soya and Sulphur dioxide (sometimes known as sulphites)

Peanuts are a common cause of food allergy, caused when the immune system reacts to the protein found in peanuts. Peanut allergy affects around 2% (1 in 50) of children in the UK and has been increasing in recent decades. It usually develops in early childhood but, occasionally, can appear in later life.

- Every child with food allergies or medical condition such as Diabetes must have a School Health Care Plan.
- Posters with covered photos and allergy information, symptoms and treatment plan are displayed in staffroom and anywhere food is prepared.
- All medical boxes are assigned in the classroom.

Breakfast club
- Daily breakfast club providing a healthy and nutritious breakfast. We offer toast, bread, low-fat spreads, cereal (low salt/sugar), juice, milk, pancakes, and fruit.
- Breakfast given to children who have come to school without eating at home.
- Targets children who we know have little or no time for breakfast at home in the mornings and those children who need to be dropped off at school earlier.

Magic Breakfast
As part of our commitment to ensuring no child starts the day hungry, Furzedown is proud to be a part of the Magic Breakfast initiative.
- We provide free bagels and toast daily, served with Flora spread.
- All pupils are welcome to take part, with no cost to families.
- Magic Breakfast is available on the playground before the start of the school day and helps children to be settled, focused and ready to learn.
- This initiative is particularly important for supporting inclusion and equity, ensuring that every child has access to a nutritious start to their morning.

Snacks

- All EYFS and KS1 classes have a morning breaktime snack of cut and washed fruit.
- Children in KS2 can bring their own snacks – these must be healthy and nutritious eg. fruit, vegetables, dried fruit rolls, cereal bars, veggie straws. **No chocolate, crisps, sweets, or nuts are allowed.**
- All children under 5 are entitled to free milk.

School lunches

- School meals are provided by Harrison Catering Services who have a healthy-food policy and meets the national food-based standards. We ensure the quality of the ingredients, and the choice of meals are appealing by regular checks by asking the pupils and staff for their feedback.
- Water is provided at lunch time.

Packed Lunches

Parents are encouraged to provide a healthy and well balance packed lunch containing the following:

- Starchy foods – bread, potato, pasta, noodles, and rice.
- Protein foods – meat, fish, egg, beans,
- Dairy item – cheese or yoghurt
- Vegetables, salad, or a portion of fruit

No juice, chocolate, crisps, sweets, or nuts are allowed.

Monitoring packed lunches/snacks:

To promote healthy eating, we will regularly monitor the content of packed lunches and snacks children are consuming at playtimes, involving pupils and staff where possible. We will also talk to parents and carers where necessary and offer advice and guidance on bringing in more healthy packed lunches. If children consistently bring packed lunches or snacks that do not adhere to these guidelines items will be replaced with fruit or bread instead wherever possible and letter will be sent home with a copy of this policy.

After school care

Please note that snacks will not be provided at After School Care this academic year due to building works. Children are expected to bring a snack or packed tea in line with the guidance above

Rewards and Special Occasions

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including praise and Lanyard and Value Ambassador awards for modelling the school values.

Celebrations

At Furzedown, we recognise the importance of celebrating birthdays and special occasions. For birthday celebrations, each child celebrating their birthday may have a birthday song sung to them in class. Due to the high number of children with allergies we are unable to distribute sweets or cakes.
We welcome any parents who would like to mark their child's birthday in one of the following ways:

- Send in fruit for your child to share with the class on their birthday.
- Donate a book to the school library in honour of your child.
- Bring in stickers, pencils, fun erasers, or inexpensive toys such as stretchy frogs or plastic tops for the class.
- Donate a plant to beautify the school grounds, such as flowers, bulbs, trees, or bushes.
- Donate a board game to be used for wet play or a sturdy jump rope or soft ball for outdoor games.

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

Cooking and food education in the curriculum.

As of September 2014 food, cooking and nutrition education is compulsory part of the school curriculum for KS1 -2.

- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- Children experience different foods associated with cultures and religious festivals.
- Science provides an opportunity to learn about the types of food groups and a balanced diet, digestion, and the function of different nutrients in contributing to health. Using the Eatwell guide children plan balanced menus including vegan and vegetarian options.
- PSHE encourages young people to take responsibility for their own health and well-being, teaching them how to develop a healthy lifestyle and addressing issues such as body image.

3. Links with other policies

This policy is linked to the: PSHE, Science, DT