

St Peter's CE Primary School, Chippenham Mews, London W9 2AN



Whole School Food and Drink Policy

Updated: February 2026

To be reviewed: January 2027

St Peter's CE Primary is fully committed to recognising, respecting, promoting and implementing the Rights of the Child as set out in the United Nations Convention on the Rights of the Child. As a Rights Respecting School, we strive to place the Rights of the Child at the very heart of our policies and practices.

Article 24: You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

PLEASE NOTE THAT WE ARE A NUT FREE SCHOOL

Introduction

St Peter's 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. The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

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 Food throughout the school day
- To strive to ensure that that food brought into the school complies with school food standards we use the standards (SFS) [Appendix 1] as a guide to ensure fairness and consistency. Families are supported with practical and inclusive advice on how to pack balanced meals and snacks. [Appendix 2]

FOOD THROUGHOUT THE SCHOOL DAY

Breakfast Club

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 8.00am – 8.35am. The breakfast menu varies from day to day and includes:

Sugar free cereals, wholemeal or 50/50 brown/white toast with butter, crumpets with butter, baked beans, yogurt, fruit, milk or water.

Morning Break

Pupils are allowed a fruit snack at break time.

Reception & KS1: Free fruit/vegetables are provided as part of the national Fruit and Vegetable Government scheme. In Reception, fruit is prepared and eaten in class in a way that:

- Prevents choking
- Meets each child's individual developmental needs

Full further information on Safer Eating in the Early Years please refer to the EYFS Policy.

KS2: Children in KS2 are welcome to bring in a piece of fruit or some vegetables for their first breaktime.

Cereal bars, biscuits, crisps, popcorn, cakes or crackers are not permitted.

School Lunches

School meals are provided by Chartwells and served between 11.45-1.00 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2023 (Appendix 1). School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

Milk is on offer as well as water.

Portion sizes are in line with Government Guidance [Portion sizes and food groups - GOV.UK](https://www.gov.uk/guidance/portion-sizes-and-food-groups) and children are not offered any second helpings.

Packed Lunches

The school's packed lunch policy is developed using guidance from School Food Matters (Appendix 2). The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. The school provides water and milk for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. (These foods are good for children to fill up on.)
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- A good source of calcium such as milk, cheese or yoghurt.
- One portion of vegetables or salad to provide all the other vitamins and minerals. This could be fresh vegetables such as a carrot sticks, salad or a vegetable soup or vegetable dish.
- One portion of fruit. This could be a piece of fresh fruit or tinned fruit in fruit juice.

Restricted items:

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following:

- No nuts at any time, including food containing sesame (e.g. hummous)
- Fizzy / sugary juice drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee/ salted popcorn
- Crisps or any packet savoury snacks high in salt and fat
- Energy drinks
- Flavoured water

If there is a restricted item in the packed lunch:

- The item will be returned at the end of the school day and a conversation will be had between school/parents.
- Staff will speak directly with the child (in an age-appropriate and supportive way) to explain why the item is not allowed, helping to build understanding.



Drinks

The school is a water only school, with the exception of the free milk entitlement. Water is provided at break times and lunch time and pupils are allowed to bring in a named water bottle and have access to these during lessons at the teachers' discretion.

Food and the Eating Environment

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

All staff, including caterers and lunchtime supervisors, have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Children will be expected to:

- ✓ Say please and thank you to the staff serving
- ✓ Use their cutlery, not their fingers
- ✓ Eat their food tidily
- ✓ Clear their plates
- ✓ Tuck in their chairs when they leave
- ✓ Use a calm and quiet voice

School trips

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

Snacks at after school clubs

Children are welcome to bring in a snack to eat at the start of their after-school club but these snacks must be healthy and not contain any cakes, chocolates, sweets or crisps.

Recommended healthy snacks:	Fresh fruit, fresh vegetables, crackers/breadsticks/savoury rice cakes with dips e.g houmous, cream cheese, sandwiches with a non-sweet filling, fruit smoothies (150ml), popcorn (low salt, not sweet or toffee)
Not permitted	Crisps or any packet savoury snacks high in salt and fat, chocolate biscuits, chocolate bars, cereal bars, cakes including brioche, fizzy drinks, squash

Wraparound Care

Wraparound care is delivered by Pro Touch. Pro Touch offer a healthy snack straight after school including a 50/50 bread sandwich with a non-sweet filling, e.g cheese. They also offer fruit, vegetables and water.

Birthdays

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cakes or sweets to be handed out in school for this purpose. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday but we ask that fruit is cut into bite-sized pieces. This is to safeguard pupils and staff with allergies or intolerances, minimise choking hazards and to ensure that parents/carers do not feel pressured into joining in.

Ideas may include:



Fruit Kebab



Fruit Cup

We also strive to ensure that nutritious food and drink options are available at the many school events that we hold. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other healthy foods will also be encouraged.

Curriculum

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

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is insert name and role and reference to other relevant policies. Children with allergies wear an allergy lanyard at lunch times. Pupil's food allergies are displayed in a sensitive way next to the servery. A full list of pupils with allergies can be found in the staff room.

Expectations of staff and visitors

The school expects staff to contribute to, and support, this food and drink policy across the school day. Staff and visitors are expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Food used within the classroom will be inclusive of all pupils and their dietary needs.

Parents, Carers and Family Members

Our relationships with all members of our school community are important and we aim to support them with information and advice so that they are best prepared to make healthy choices for their families. Should staff have concerns around a child's diet/consumption in school they will communicate directly with parents. Likewise, we encourage parents to discuss any dietary concerns with staff so we can support and monitor in school. Links to appropriate sources of information regarding food, nutrition and healthy eating are given at the end of this policy

Monitoring and Evaluation

- Staff observe lunch and snack times and respond to concerns.
- Packed lunch expectations are reviewed annually.
- Celebrations are discussed with pupil councils and staff to ensure alignment
- Clubs and PTA-led events follow the same principles as the core school day

Communication of the Policy

This policy is available to the whole school community and can be found on the school website and updates will be provided in the newsletter.

A link will be included in the starter information packs for all new pupils. Teachers will reference it at the beginning of the year in the 'Meet the Teacher' meeting.

Governors Responsibilities

The Governing Body's strategic role is to consider, agree, monitor and review the policy and its implementation. It will ensure that it receives regular reports on compliance with the school food standards as well as uptake of school lunches and financial aspects of the school food provision.

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Appendix 2:

[Packed Lunch Guide for Parents](#)

[Portion size guide](#)