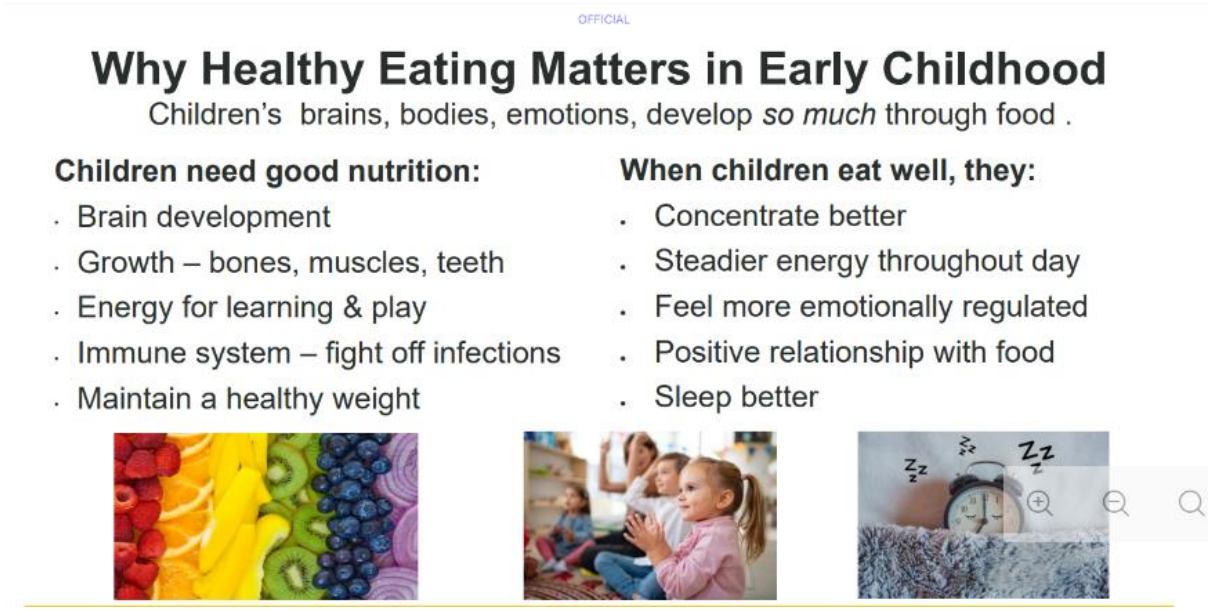
St. Joseph's School & Nursery

Whole-school and Nursery Food and drinks Policy

January 2026

Review: January 2028

OFFICIAL



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Appendix 1: List of Lunchbox Do's and Don'ts

Statement of intent

At St Joseph's, we understand that what pupils eat and drink at school is important. We aim to teach pupils about food and nutrition through the curriculum and reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness, and adhering, without exception, to the food standards and legal obligations. As such, this policy has been implemented to allow us to provide food in a safe and hygienic manner.

1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

· The Requirements for School Food Regulations 2014

· The Food Information (Amendment) (England) Regulations 2019

· The Food Safety Act 1990

· The Food Safety (General Food Hygiene) Regulations 1995 (as amended)

· The School Standards and Framework Act 1998

· The Products Containing Meat etc. (England) Regulations 2014

This policy operates in conjunction with the following non-statutory guidance:

DfE (2023) 'School food in England'

The School Food Plan (2023) 'School Food Standards: A practical guide for schools, their cooks and caterers'

Early years foundation stage nutrition guidance

This policy operates in conjunction with the following school policies:

· Allergen and Anaphylaxis Policy

· Health and Safety Policy

· Infection Control Policy

2. Roles and responsibilities

The governing board is responsible for:

· The provision of food for the school – ensuring pupils entitled to FSM and pupils who have requested school meals receive them.

· Ensuring the agreed food provision adheres to the food standards.

· Ensuring that, where possible, all pupils are able to eat one hot meal a day.

· Ensuring that drinking water is provided free of charge at all times.

· Providing free-to-use facilities to eat food, including accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.

Ensuring a free piece of fruit or vegetable is provided outside of school lunch hours for pupils between four and six years old through the School Fruit and Vegetable Scheme.

· Ensuring that there is coordination across all catering services sought by the school, to guarantee compliance with school food standards.

· Ensuring that all pre-packaged foods available at the school provide full ingredient lists and allergen labelling.

The head server is responsible for:

· Providing the headteacher with a copy of their food hygiene certificate upon request.

· Ensuring a food hygiene record is kept, to demonstrate how the school ensures all food and its preparation methods are safe, and that this is reviewed on a monthly basis.

· Checking the temperatures of food storage areas each day to ensure they are running at the correct temperature and documenting these in the food hygiene record.

· Ensuring PPE is undamaged and that there is enough PPE for each member of kitchen staff.

· Rotating stock to ensure food with a shorter shelf life is used and consumed before food with a longer shelf life.

· Withdrawing stock that has gone past its ‘use by’ date or is not safe to eat.

· Ensuring a cleaning schedule is maintained and reviewed on a termly basis.

· Ensuring high standards of personal hygiene are maintained at all times.

· Ensuring the food served to pupils is nutritious and provides them with a healthy balanced diet in line with the school’s healthy eating strategy.

· Checking that all pre-packaged food provides full ingredient lists and allergen labelling before it is made available to staff, visitors and pupils.

3. Current food-based standards for school lunches

The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan’s ‘School Food Standards: A practical guide for schools, their cooks and caterers’. The school will use the following standards when planning meals and adapting the healthy eating strategy

Starchy foods:

•One or more portions of bread, pasta, noodles, rice, potatoes or sweet potatoes will be provided every day.

•One or more wholegrain varieties of starchy food each week.

•Three or more different portions of bread, pasta, noodles, rice, potatoes or sweet potatoes will be provided each week – one or more of these will be wholegrain.

•Starchy food cooked in fat or oil will only be provided twice a week maximum across a school day.

Fruit and vegetables:

•One or more portions of vegetables (all types) will be available every day.

•One or more portions of fruit (all types) will be available every day.

•Three or more different types of vegetables and three or more different types of fruit will be provided each week.

• Fruit or yoghurt will be provided daily for desserts.

Meat, fish, eggs and other non-dairy sources of protein:

- A portion of meat, fish, eggs, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week. • For vegetarians and vegans, a portion of non-dairy sources of protein will be provided on three or more days every week.
- A meat or poultry product, e.g. chicken nuggets, will be served no more than once a week.
- Meat containing any prohibited parts of the carcase, e.g. stomach, will not be provided, in accordance with The Products Containing Meat etc. (England) Regulations 2014.

- No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.

Milk and dairy:

- A portion of cheese, yoghurt or fromage frais will be provided every day.
- Lower fat milk will be available for drinking at least once a day during school hours, e.g. not including breakfast and after-school clubs.

Food high in fat, sugar and salt:

- Snacks that may be provided will include no added salt, sugar or fat or nuts
- The school will not provide sachets of salt to be added to meals on top of the salts already included within cooking.
- Condiments will be limited to 10-gram sachets or one teaspoonful – pupils will be limited to one sachet per type of sauce.

Healthier drink options:

Drink options the school will offer are:

- Still water, milk.
- Soya, rice, oat drinks and plain fermented milk, e.g. yoghurt, drinks.

4.Portion sizes and food groups

The school uses the portion sizes and food groups for school lunches, in accordance with the school food standards.



5. Exemptions to the school food regulations

The school food standards do not apply to food provided:

- At parties or celebrations marking religious or cultural occasions.

6. Healthy eating statement and lunchboxes

The school will use healthier cooking methods to contribute to healthy eating, such as the following:

- Using less fat in cooking
- Baking foods rather than frying them

- Increasing use of fats/oils that are high in polyunsaturated fats
- Reducing use of sugar in recipes
- Avoiding using additional salt in cooking processes
- Increasing the use of food items containing high amounts of fibre

All menus created will be in accordance with the nutritional standards outlined in section 3 of this policy.

The school will encourage pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, during assemblies, PE lessons and PSHE. A healthy eating strategy will be adopted and its principles embedded throughout the curriculum.

Lunchboxes

As part of our healthy schools initiative and to ensure a universal offer for all children, we have now introduced some rules for healthy lunchboxes. We have a statutory right to protect and safeguard all aspects of children's wellbeing and health and this includes healthy eating. Therefore school provision even provided by parents needs to reflect the schools health and wellbeing rights to all children.

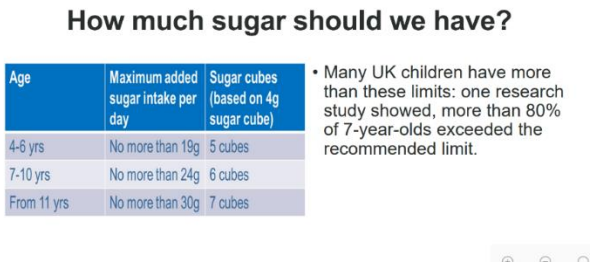
For fairness and equality across our children we ask parents to provide similar healthy lunch boxes. This helps incorporate our messages and protection for children's health. We understand that your children may have altered offers for home that may have sugar in but we understand that this is your choice for your home. This school is our home with a universal healthy role. We completely understand that at home and weekends you will choose your child's diet and meals and of course sometimes that can mean quick meals that may have unhealthier roles but as a setting, if we can give your child a healthy meal in the day, you know they have had nutrition and healthy food through their school day.



Recommended maximum salt intake for children (UK):

Age	Maximum salt per day*
1–3 years	2 g
4–6 years	3 g
7–10 years	5 g
11 and over	6 g

* Note: includes salt already in foods + added salt.



How much sugar should we have?

Age	Maximum added sugar intake per day	Sugar cubes (based on 4g sugar cube)
4-6 yrs	No more than 19g	5 cubes
7-10 yrs	No more than 24g	6 cubes
From 11 yrs	No more than 30g	7 cubes

- Many UK children have more than these limits: one research study showed, more than 80% of 7-year-olds exceeded the recommended limit.

Within ***Appendix 1***, you will find a list of lunchbox 'do's' and don'ts.' Please refer to this when you are preparing your child's lunch box.

When looking at the packaging on foods, it is important that the salt and sugar content is green under the traffic light system, please see above for the daily recommended intake of salt and sugar. We will not allow foods that are red for salt or sugar in Nursery or school.

Reading Food Labels

Aim for snacks with low salt or sugar per 100g

LOW SALT

less than 0.3g of salt per 100g

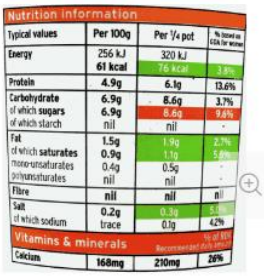
LOW SUGAR

less than 5g of sugar per 100g

Read the ingredients list:

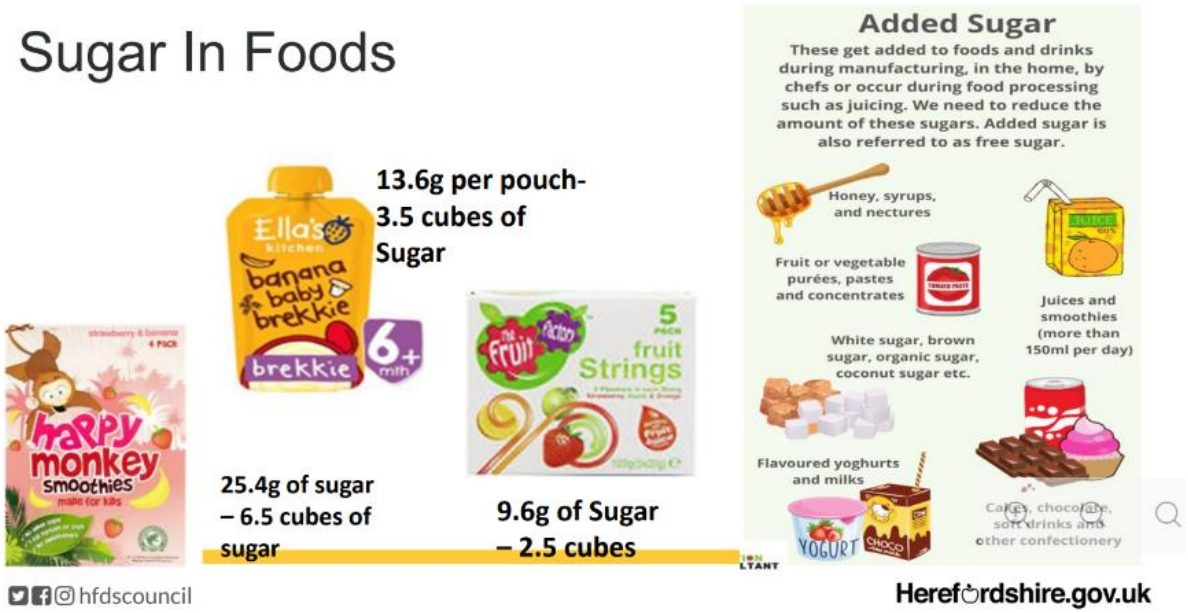
- The higher up the list the more sugar the food contains.
- Look for hidden sugars and ingredients that end in **"ose"** e.g. glucose, fructose, maltose - these are all added sugars





Nutrition information			
Typical values	Per 100g	Per ¼ pot	% based on GDA for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	3.8%
Protein	4.9g	6.1g	13.6%
Carbohydrate of which sugars of which starch	6.9g 6.9g nil	8.6g 8.6g nil	3.7% 9.6%
Fat of which saturates monounsaturates polyunsaturates	1.5g 0.9g 0.4g nil	1.9g 1.1g 0.5g nil	2.7% 5.6%
Fibre	nil	nil	nil
Salt of which sodium	0.2g trace	0.3g 0.1g	5% 4.2%
Vitamins & minerals			% of RDI Recommended daily amount
Calcium	168mg	210mg	26%

Here are a few examples of the amount of sugar in these popular children's snacks:



7. Nursery Procedures

✦ Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.

✦ Parents are asked to complete a registration form detailing their child's dietary needs.

✦ We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are up-to-date. Parents sign the updated record to signify that it is correct and are asked to update the electronic registration form.

✦ We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.

✦ We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.

- ✦ We plan snack menus in advance and ensure all snacks are cut in finger food pieces to limit the risk of choking.

- ✦ We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar, salt artificial additives, preservatives and colourings.

 We take care not to provide food containing nuts or nut products and adhere to the school Nut allergy Policy. We are especially vigilant where we have a child who has a known nut allergy.

Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.

- ✦ We provide a vegetarian alternative if meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- ✦ We show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- ✦ We organise meal and snack times so that they are social occasions in which children and adults participate.
- ✦ We use meal and snack times to help children to develop independence through making choices, serving food and drink and encourage them to feed themselves.
- ✦ We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- ✦ We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- ✦ We inform parents who provide food for their children about the storage facilities available in our setting.
- ✦ Guidelines and ideas for healthy packed lunches is available for parents. See Appendix 1 and 2.
- ✦ In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Bottle feeding and breast milk

Formula:

- Parents are asked to provide a sterilised bottle for each feed and pre-measured formula powder with the quantity clearly labelled in a named container. Alternatively, parents can provide a tub of formula milk which can be measured by the staff providing clear instructions are attached. Alternatively, parents can provide a carton of formula milk and staff will measure this out for each feed, with the quantity specified by the parents.
- If you decide to use the pre-measured option above, please label the pot clearly with the child's name and quantity of powder (e.g., 6 scoops) to ensure that staff are making the bottle correctly. Nursery staff will follow the manufacturers instructions when making up bottles for children.
- Cartons of formula can be provided by the parent/s. The date of opening will be recorded on the carton and staff will check they are used within the required time. (eg 3 weeks).
- On arrival, all bottles and beakers are to be tagged with the child's name and placed in the kitchen.
- Bottles should be given at the times agreed with the parent bearing the child's immediate need in mind. The timing of feeds is to be agreed with the parent during daily handover discussions.
- Bottles are made with freshly boiled water and the temperature of the milk is to be checked by a member of staff before the bottle is given to the child unless the parent advises staff to offer a bottle cold.
- If milk is to be heated (carton or cow's milk), we will use a bottle warmer. If refused, the bottle will be offered to the baby again at 10-15-minute intervals. Bottles will be discarded after 2 hours. Bottles are never re-heated.
- In instances of ready - made milk, half of the carton can be used in the morning while the other half must be stored in the fridge, to be used in the afternoon.
- All opened cartons of milk must be discarded at the end of the day.
- Please remember to either premeasure or provide a tub of formula for staff to Measure.

Breast Milk:

Breast milk can be frozen at home, but must come into the nursery defrosted, in a sterilised bottle, sealed pouch or container. It will then be stored in the fridge here at the nursery. The breast milk can be transferred from the container to the child's preferred drinking vessel and warmed in a jug of hot water if required.

- ✦ Staff will wear disposable gloves and an apron when transferring the milk, and wash hands immediately after handling the milk.
- ✦ The breast milk can be heated but must be consumed within 1hr of doing so or will be disposed of.
- ✦ Any unused breast milk must be sent home at the end of the nursery Day.
- ✦ Breast milk must not be re-frozen after being defrosted!

8. Celebrations

We love to celebrate the children's birthdays in Nursery and school. We will allow the children to bring in pre bought cakes to share with their friends on their birthday, however we do ask that no home made cakes, chocolate or packets of sweets/lollies are bought in. Home made cakes are lovely but we cannot guarantee the allergens within the ingredients.

9. Catering service standards

Menus will be clearly displayed on the school website and additionally, menus will adhere to statutory nutritional standards and will reflect parents' and pupils' preferences, cultural, religious and special dietary needs. Parents' and pupils' feedback will be encouraged and, where possible, changes made to increase their satisfaction.

The cleanliness of the kitchen and serving areas will be kept to the highest standards. Food preparation and serving areas will be cleaned before, during and after preparation and cooking, in accordance with The Food Safety (General Food Hygiene) Regulations 1995 (as amended).

Kitchen staff will:

- Be suitably trained and will have an appropriate recognised qualification in food hygiene.
- Be clean and tidy in appearance and will be courteous to all pupils, staff and parents.
- Adhere to the service times, start and finish, agreed by the headteacher. Service times will be displayed, and the service will always commence on time. Pupils entitled to free school meals will be treated with sensitivity.

10. Purchasing food

All food items are purchased from reputable suppliers to ensure compliance with government buying standards. The school suppliers are:

- Apetito
- Morrisons (yoghurts and fruit)
- The school places stringent contractual demands on catering suppliers in support of legislative requirements and favourable trade operating practices. All food products and ingredients are checked for acceptability, i.e. nutritional specifications, genetically modified organism requirements and allergen ingredients.

All pre-packaged foods supplied will clearly display the following information on the packaging:

- Name of the food
- Full ingredients list, with allergenic ingredients emphasised, e.g. in bold, italics or a different colour.

All products identified as acceptable for inclusion in our range are compared for ingredient and nutritional value against set specification criteria before being incorporated into the menus.
Menus will, as much as reasonably practicable, reflect the natural growing or production period for the UK to assist pupils in learning about food production and seasons. Any fish products served will be sustainably sourced to promote the importance of sustainable fishing.
The school continues to place emphasis on consumer response to new products; throughout this process, the school will liaise and consult with the school community, including parents, to ensure acceptable quality.

11. Food and drink safety

Food will only be consumed in the in the central area, on the playground and in classrooms with teachers' permission. Pupils will be instructed not to run when they are eating. Drinking water will be available from the drinking fountain and pupils will be permitted to refill water bottles throughout the day.
Staff will eat all hot food in the staff room away from pupils. If members of staff are drinking hot drinks, they will keep them out of pupils' reach. Hot drinks will be kept in insulated and anti-spill flasks with lids, e.g. travel mugs. Staff are permitted to have hot drinks in the classroom; however, they will place them at the back of a desk to minimise the risk of spillage. Staff on lunch duty can have hot drinks but they must adhere to the above points. Hot drinks will be served in an insulated flask with a lid.
Electrical equipment, such as kettles, toasters, will be turned off when they are not in use. Appropriate PPE will be available for pupils who are handling hot food, drinks or equipment, e.g. oven gloves.
Pupils will not have access to the kitchen without supervision from a member of staff. Pupils will not be permitted to make their own drinks. When eating hot food, pupils will be instructed to use cutlery where possible and to ensure their food is cool enough before eating it.
A first aid kit will be located in each classroom and the canteen.
The headteacher will conduct a risk assessment for hot food and drinks and staff will receive appropriate first aid training to handle burns etc.

12. Kitchen safety

Kitchen staff will have a list of all allergens and will avoid using them within the menu.

The 14 allergens which are required to be declared are:

- Celery.
- Cereals containing gluten, e.g. barley and oats.
- Crustaceans, e.g. prawns.
- Eggs.
- Fish.
- Lupin.
- Milk.
- Molluscs.
- Mustard.
- Peanuts.
- Sesame.
- Soybeans.
- Sulphur dioxide and sulphite (where they are at a concentration of more than ten parts per million).

  Tree nuts, e.g. almonds, hazelnuts, walnuts.

Where meals include allergens or traces of allergens, staff will use labels to denote which of the 14 allergens are or may be present. We are a no nuts school and so any ingredient containing nuts will not be used. Pre-packaged food sold at the school, whether made onsite or sourced from a supplier, will include a full ingredients list, with allergenic ingredients emphasised, e.g. in bold, italics or a different colour.

All kitchen staff will be suitably trained in allergy awareness, including how to respond to an allergy sufferer's questions. Training will be assessed regularly to ensure staff are competent and confident in dealing with allergens. Where staff are made aware of updates or ingredient changes by suppliers, this will be acted upon immediately.

The school will use reputable suppliers to source their produce, ensuring the quality of the food served is the same as they have promised to consumers. The school will not be misleading with the food that they serve, and the labelling will accurately represent what is being eaten. A record will be kept of where the school's produce comes from and the school will be prepared to produce this record on demand by an environmental health officer.

Kitchen staff will withdraw any produce that has gone past its 'use by' date. All kitchen staff will be trained in food safety as part of their food hygiene training. Staff will be aware of all the harmful bacteria that could cause serious illness if not treated and removed properly from food sources. In events where suppliers recall produce due to reports of harmful levels of bacteria in stock, staff will remove all traces of the product from the school and ensure the headteacher is notified. Parents will be informed of the outbreak, in line with the school's Infection Control Policy.

Kitchen staff will be aware of the 'danger zone' where microbial growth is stimulated – this is between the temperatures of 8 C and 63 C; kitchen staff will cook food until its core temperature has reached 70 C and remains that temperature for two minutes to minimise the risk of harmful bacteria being present in food.

Kitchen staff will have an in-depth knowledge of the risks of cross contamination. Colourcoded chopping boards and corresponding knives will be used for food preparation. The school uses the following colour-coded board and knife system:

Colour of chopping board and knife Food group

Red Raw meat

Yellow Cooked meat/fish

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Green Salads and fruit
White Bakery and dairy
Brown Vegetables
Blue Raw fish

13. Food hygiene

The kitchen staff will receive food hygiene training as part of their induction, with at least one member of staff holding a formal food hygiene certificate which will be kept up-to-date. All kitchen staff will partake in annual food hygiene refresher training.

In line with food safety and hygiene regulations, a food hygiene record will be kept, demonstrating what the school has done to ensure all food and food preparation areas are safe and how this compares with the proposed food hygiene plan. This record will be maintained by the head server or other designated member of staff and entries will be completed on a daily basis.

For each day of the week, the food hygiene record will include space to record the following:

- The date
- The completion of the opening and closing checks, as outlined in the present section of this policy
- The completion of the day's cleaning tasks, with reference to the cleaning schedule
- Details of any hygiene-related incidents that occurred during the day

Additional checks that may have been conducted, e.g. pest control checks that take place on a less frequent basis

- A signature from designated member of staff that has completed the day's entry

The food hygiene record will also include the following:

- List of suppliers
- Kitchen staff training record
- Food temperature monitoring records
- Fridge and freezer temperature monitoring records
- Hygiene inspection checklist
- Monthly reviews

At each monthly review, the designated member will assess the food hygiene record to identify any persistent problems from that last month. If problems are identified, these will be recorded along with decisions on how to handle them, e.g. providing staff with additional training. At the beginning of the school day, the following checks will be conducted:

- All fridges, freezers and chilled display equipment are working properly, and fridges are running below 5 C, chill cabinets below 8 C, and freezers at -5 C
- All other equipment, e.g. ovens, is working properly
- Staff are fit for work, not presenting any signs of illness, and wearing clean clothes
- Food preparation areas are clean and disinfected
- There are plenty of handwashing and cleaning materials available, e.g. soap and paper towels

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At the end of the school day, the following checks will be conducted:

- No food has been left out
- Fridges are running below 5 C, chill cabinets below 8 C, and freezers at -5 C
- Food that is past its 'use by' date has been thrown away
- Dirty clothes have been removed for cleaning and replaced with clean ones
- Food and cleaning waste has been removed and new bags have been put into the bins

A cleaning schedule will be maintained and stored in the school canteen. The cleaning schedule will outline:

- Items and equipment that need to be cleaned
- How frequently items and equipment need to be cleaned
- Who is responsible for cleaning items and when
- The precautions that must be taken when cleaning
- The methods of cleaning that will be used

Training will be provided to all kitchen staff on how to use the cleaning schedule.

Kitchen staff will keep food preparation areas to the highest standard of cleanliness by doing the following:

- Cleaning before, during and after food preparation
- Keeping a well-stocked supply of cleaning materials
- Ensuring hand soaps and sanitisers are accessible and fully stocked
- Ensuring all chopping boards are stored in a stand and are dry before use
- Storing knives away from the reach of unauthorised personnel in a sanitised draw or stand
- Washing cleaning cloths and towels at the end of the day and drying them before reuse
- Storing cleaning cloths and towels in a sterile cupboard or draw
- Not leaving food products out at room temperature for longer than is necessary
  Storing any bags or personal belongings out of the kitchen to avoid foreign bodies entering the food preparation area

Kitchen staff will complete cleaning tasks as allocated and ensure these are marked as 'Complete' on the cleaning schedule. The cleaning schedule will be reviewed on a monthly basis by the head cook to ensure that cleaning tasks are being completed properly. Food contact materials will come from reputable suppliers and will be safe for use by staff to package, store, prepare and cook food. For the purpose of this policy, food contact materials include:

- Packaging, e.g. cellophane wrap.
- Food processing equipment, e.g. a food blender.
- Cookware.
- Work surfaces.

The school recognises the importance of food hygiene and will accommodate any member of staff who wishes to complete an official food hygiene certificate as part of their CPD, where possible.

Kitchen staff will wear suitable PPE when preparing food – the PPE will be free from tears, burns or holes. The following list indicates the suitable PPE the school uses:

- Full body aprons
- Hair/beard nets
- Latex gloves
- Shoe covers

Kitchen staff will be informed by the designated member on how to properly stock a fridge, including the following procedure:

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- Raw meat stored on the bottom shelf
- Cooked meat on the middle shelf
- Fruit and vegetables on the top shelf

Where stock requires more than one fridge, raw and cooked meat will be stored separately.
Kitchen staff will have high standards of personal hygiene, including washing hands in the following circumstances:

- Before and after preparing raw meat
- Before and after preparing and cooking other food products
- After using the toilet
- After touching door handles, light switches or phones.
- After coughing or sneezing

Kitchen staff will check the accuracy of their thermometers by using the boiling water test. For the purpose of this policy, the boiling water test involves submerging the thermometer in boiling water and checking that the temperature reads 100 C +/- 1 degree.

The school's food hygiene record, cleaning schedule and details of all hygiene and safety checks will be retained in line with the local environmental health department's requirements.

14. Environmental health inspections

The head server will be the key contact for the environmental health officer from the LA – being responsible for implementing any recommendations made to them.
The school will record the following information in an environmental health log book:

- Any identified hazards, e.g. a fridge running at a 6 C
- How hazards were avoided, removed or reduced, e.g. turning the temperature of the fridge down
- How any problems are rectified, e.g. reviewing the fridge's temperature every 15 minutes
- How plans are checked for effectivity

The head server will ensure all the necessary documentation is readily available for inspection for the environmental health officer, including their food hygiene plan and food hygiene record.
The school will have their food hygiene rating sticker in a visible location within the setting. If the school scores less than a five on their hygiene rating sticker, they will implement any recommendations made by the environmental health officer as a matter of top priority. After each environmental health inspection, the school will display their new food hygiene rating sticker in place of the old one, irrelevant of the score.

The school will receive a letter after an inspection with 'notices' – the school will comply with the notices with immediate effect.

15. Monitoring and review

This policy will be reviewed biannually by the headteacher and governing board, or in light of any changes to relevant legislation. The next scheduled review date for this policy is date. Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.

Policy Review

This policy will be reviewed in full by the Governing Body on an biannual basis.

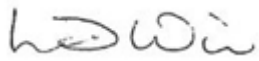
The policy was last reviewed and agreed by the Governing Body in January 2026

It is due for review in January 2028.



Hayley Francis
Head Teacher

Date: January 2026



Mrs Lindsay Wise
Chair of Governors

Date: January 2026

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Appendix. 1: Lunchbox Do's and Don'ts

Do's: Healthy and Nutritious
Sandwiches made with brown or wholemeal bread, wraps, pitta bread or bagels with the following fillings: Soft or hard Cheese, Ham, Tuna, Egg, Chicken, Turkey, salmon, beef, Avocado, Marmite, coleslaw.
Cooked pasta, rice or noodles with: Cheese, Tuna, meats, salad, vegetables, egg, beans.
Home-made soups
Low salt Crackers and Cheese with tomatoes and cucumber/pepper
Fresh fruits: Bananas, apples, pears, grapes, berries, melon, pineapple, oranges, watermelon, kiwi, mango, plums.
Fresh vegetables: carrot, pepper, cucumber, tomato, celery, broccoli, olives
Dried fruits
Tinned fruits in their own juices
Unsweetened yoghurt
Fromage Frais
Cheese and cheese spread
Boiled egg
Crackers, breadsticks, rice cakes, corn cakes
Children's oat bars
Veggie straws
Lean meats

Don'ts: Foods containing salt/sugar
NURSERY AND RECEPTION CHILDREN ONLY:
crisps including corn chips, Snack a Jacks, Mini Cheddars, Pomme Bears
High-sugar yoghurts
Over-processed meats: salami, Lunchables, Pepperami
Cakes including Soreen bars/flap jacks
High-salt cheese dippers
Raisins
Chocolate including chocolate rice cakes
Yoghurt coated 'fruit' and rice cakes
Yoyo bars and Winders/'fruit' sweets
Popcorn
YEAR 1 – YEAR 6
Biscuits
Cakes
Smoothies
Squash or juice
Chocolate
Sweets

This guidance relates to Phase One of our plans to become a Healthy School. Ideally, *all* children in school would follow the above guidance in the rows that are shaded BLUE. ORANGE guidance for Years 1-6 will be updated in six months' time.



OFFICIAL

Packed Lunches



Change4life https://www.nhs.uk/change4life/recipes/healthier-lunchboxes
BBCBitesize https://www.bbc.co.uk/bitesize/articles/z4fmd6f