

Whole School food Policy

Forest Skies Federation



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Date: 22.09.2025

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Last reviewed on:

September 2025

Next review due by:

September 2027

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This policy outlines the purpose, nature and management of Food in our school. It reflects the consensus of opinion of all members of staff. It is based on current practice and has the full agreement of the governing body. The implementation of this policy is the responsibility of the Head teacher, teaching staff and support staff. It is our collective responsibility to raise awareness and that all policies are known, understood, and used in an appropriate way.

Our school 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. We give children many opportunities to grow and cook food through our school curriculum and we provide delicious hot school meals through our provider Good Lookin' Cookin'.

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 their full potential.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Provision of Food

Bottle of lower fat milk (semi-skimmed) are available for pupils who are under 5 in Nursery and Reception and for pupils entitled to free school meals in Year 1 and 2. Non free school meal families can purchase milk daily for 29p. They are delivered every other day. The Caretaker puts them into the fridge in the family room / breakfast room /or the fridge in Nursery or Reception. The milk bottles are then distributed as required. Dates are checked and any problems reported to the Administrator who contacts the Dairy. Bottles opened but not finished are tipped away if required.

Fresh fruit or vegetables are provided free of charge from the School Fruit and Vegetable Scheme administered by the Department for Health for EYFS and key stage 1. The bags are stored appropriately and “fruit monitors” collect them each morning, wash them in a designated sink which is disinfected before and after use and take them to the classrooms.

Breakfast bagels are available for any child who requires breakfast.

Children bringing snacks into school are asked to only bring ‘healthy’ options including only fresh fruit and vegetables. Crackers, cheese, or yoghurts, crisps, raisins, sweets, or chocolate are not permitted as snacks. This is monitored by class teachers. This is in line with the curriculum teaching about the importance of oral health.

Children who bring packed lunches from home are asked to bring ‘healthy’ options. A packed lunch could include: a sandwich; a yoghurt; some fruit; some vegetable sticks e.g. carrot, cucumber, peppers; cheese, crackers or mini cheddars or a small packet of crisps; a sweet treat such as 1 biscuit. We ask parents to ensure no packed lunch contain nuts or coconuts. No fizzy drinks are permitted.

Our Hot School Meals and Cold Boxes at lunchtime are prepared, cooked and delivered by Good Lookin’ Cookin’. The school regularly promotes the uptake of our nutritious hot school lunches or an alternative cold lunch through our newsletters, special days etc. and the administrator monitors and reports the uptake to Governors. All children have water and fresh fruit also available to them at lunchtime.

Due to having a proportion of children within our school who have nut allergies, we are a nut free school. In this instance we ask that nuts are not brought into school for packed lunches or snacks.

We are also fully inclusive of different dietary needs. The following procedure is in place for children with allergies:

- A separate seating arrangement to be in place. (That means a separate table away from the big dining tables. He can only sit next to somebody whose lunch has been vetted by an adult as definitely not including any of his allergens. If this is not possible, then the child sits alone and is monitored by adults).
- Child with food allergy to walk and sit directly at the separate table. (This should be checked by the Midday Supervisory Assistants responsible for that class BUT EVERYONE IS RESPONSIBLE FOR THIS ULTIMATELY).
- Any child with severe food allergy: will have table service. (This means they will not queue for their food. A server will always bring the child's meal directly to them at the table)
- All staff to be aware of children that have food allergies and know the process if contamination has occurred.
- Posters of children with allergies are displayed in the staff room on the board, in the school office and on medical tracker. All staff are responsible for familiarising themselves with these documents.

The Midday Controller and Midday Supervisory Assistants wear plastic aprons / tabard and gloves as necessary, and hair longer than shoulder length is tied back (staff are responsible for washing these).

Meals for each year group are in stored in separate hot boxes which ensures that all meals remain at the correct temperature. The following Hot Meal flow chart is followed by the lunchtime staff:

HOT MEALS FLOW CHART – PROCEDURE

Set out place setting for number of pupils/staff having a hot meal



Midday Controller collects hot food when it is delivered in hot boxes, etc



Midday Controller checks all hot food temperatures using clean probe thermometer – all hot food should be above 63°C – temperature to be recorded daily on sheet sent by Good Lookin Cookin – any problems to be reported to Good Lookin Cookin immediately



Children directed to tables by staff



Food served using appropriate utensils



Plates/cutlery/beakers are cleared by staff as children finish



Tables cleared and prepared for the next sitting



Fill and stack boxes for pick up by Good Lookin Cookin



Clean down eating area and serving surfaces and mop and clean floor area

The school will follow a “clean as you go” policy, using the following cleaning materials: Re-usable cloths, Sanitizers, Sanitized mop and bucket and brush etc. At certain times of the year a more thorough cleaning schedule is adopted e.g. if there is a high rate of illness and infection.

Food Education

Children learn about growing and cooking food through a wide range of topics. They are encouraged to understand and apply the principles of nutrition and learn how to cook safely with healthy produce. Children in Reception shall develop skills in both specific and prime areas in the Foundation Stage profile. We teach a range of gardening activities through the year, across the school.

Cookery in Class

Before starting any handling of food or ingredients, all children and adults wash their hands. Groups of children are supervised and assisted with all measuring, mixing, etc. They prepare and cook the food in the Breakfast Room. Once cooked, food is allowed to cool and then stored appropriately before being taken home or used, i.e. cakes made for cake stall at Summer or Christmas Fair will be stored in airtight boxes. Items not requiring cooking will be stored as appropriate.

Our Wraparound Care

We provide food for the Breakfast Club and After School Provision. Breakfast club is a choice of cereals or toast, and this is prepared by Breakfast club staff. The After School food is a small meal which is prepared and cooked by Good Looking Cooking. All dietary requirements are catered for and notified by parents to Good Looking Cooking.

Food Allergies

The school has a separate policy relating to the management of food intolerances and allergies.

Food brought into school

Children may bring food items into school, to distribute to others, for example for birthdays. If food is shared with members of the class, these are given out at the end of the day so that parental permission may be granted.