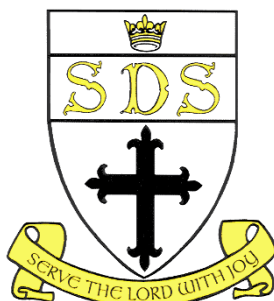
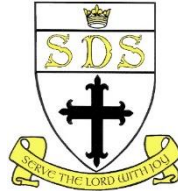


ST DOMINIC SAVIO CATHOLIC PRIMARY SCHOOL



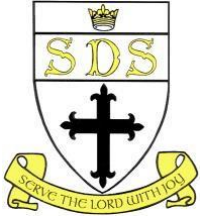
Name of Policy:	Healthy Eating Policy
Date Adopted:	2 nd October 2025
Responsible Person:	Headteacher
Approval:	FGB
Review Date:	Autumn 2027
Signed By:	Laura Hulland Headteacher
Signature:	
Date:	2 nd October 2025
Signed By:	Fiona Cottle Chair of Governing Body
Signature:	
Date:	2 nd October 2025

V1



Healthy Eating Policy Changes

Version	Status	Change Detail	Author	Date
1	Live	New policy	E Baker	Oct 25



ST DOMINIC SAVIO CATHOLIC PRIMARY SCHOOL

Commitment to equality:

We are committed to providing a positive working environment which is free from prejudice and unlawful discrimination and any form of harassment, bullying or victimisation. We have developed a number of key policies to ensure that the principles of Catholic Social Teaching in relation to human dignity and dignity in work become embedded into every aspect of school life and these policies are reviewed regularly in this regard.



Our Mission Statement

SERVE THE LORD WITH JOY



**We love Jesus and the Gospel values
inspire and guide us.**

**Happy, welcoming, worshipping and caring
community is who we are.**

**We fulfil each child's potential, developing
tomorrow's talent, today!**

Home, parish and school working together.

We are all God's children and respect everyone.



*"To welcome this little child in my name is to
welcome me; and to welcome me is to
welcome Him who sent me."*

(Luke 9:48)



ST DOMINIC SAVIO CATHOLIC PRIMARY SCHOOL

Healthy Eating Policy

1. Aims, purpose and objectives
2. Food in the curriculum
3. School lunches
4. Packed lunches
5. Snacks
6. Nut Free
7. Partnership with parents and carers
8. References

Introduction

This policy has been developed in line with national guidance including the UK's food model, the **Eatwell Guide** which promotes a healthy, balanced diet for people over the age of 5, including vegetarians and vegans. Developed using a scientific, mathematical modelling approach, it shows the types and proportions of foods people should eat across a day or week. Key recommendations include eating at least five portions of fruit and vegetables daily, basing meals on wholegrain starchy carbohydrates, consuming some dairy or fortified dairy alternatives, eating a variety of proteins (including two portions of fish per week, one oily), choosing unsaturated oils in small amounts, and drinking 6–8 glasses of fluid daily. Foods high in fat, salt or sugar should be limited (see appendix 2).

According to the UK government, "most people in the United Kingdom do not meet government dietary recommendations," with adults and children often consuming excess calories. The Eatwell Guide is inclusive of different cultures and dietary needs, and "reflects the latest dietary recommendations and key public health messages." Health professionals are encouraged to promote healthy eating at every opportunity, as poor diet is a major contributor to preventable disease.

This policy has also been developed in line with the **Early Years Foundation Stage Nutrition Guidance** which refers to section 39(1)(b) of the Childcare Act 2006. Providing healthy, balanced and nutritious food ensures that all children develop positive eating habits early on. Children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

The School Food Standards (SFS) regulate the food and drink provided at school settings at both lunchtime and at other times of the school day. The SFS define the foods and drinks that must be provided, which foods are restricted, and those, which must not be provided. They apply to food and drink provided to pupils on school premises up to 6pm, including, for example, breakfast clubs and after school clubs. Compliance with the School Food Standards is mandatory for maintained schools, academies and free schools.

1. Aims and objectives

Aims

1. **Encourage healthy eating habits from an early age** that children can carry into later life.
2. **Support children's physical growth, concentration, and emotional well-being** through a balanced diet.
3. **Promote a whole-school culture of healthy eating**, both in lessons and throughout the school day.
4. **Ensure all children have fair access to healthy, nutritious food**, regardless of background or circumstances.
5. **Support children's learning and development** by meeting their nutritional needs during the school day.

Objectives

1. **Provide nutritious, balanced and cost-effective school meals** that meet national school food standards.
2. **Limit unhealthy food and drink options** available on school grounds, including packed lunches and snacks.
3. **Teach children about healthy eating** through subjects like science, PSHE, and design and technology cooking activities.
4. **Support families in providing healthy packed lunches**, with clear guidance and regular communication.
5. **Encourage children to drink water regularly** and limit sugary drinks.
6. **Involve children in making decisions** about food and healthy lifestyle choices through pupil voice activities.
7. **Work with parents and carers** to promote healthy eating habits at home and school.
8. **Celebrate food from different cultures** in a healthy and respectful way.
9. **Review the policy regularly** to ensure it is effective and up to date.

2. Food in the curriculum

Food, its production, and preparation are an important part of the curriculum for all pupils and are taught across various subjects including Science, PSHE, PE, and through enrichment activities. From Reception to Year 6, pupils are taught cooking in line with the national curriculum, helping them develop a strong understanding of food-related issues such as nutrition, food hygiene, and safety. All food preparation in school promotes healthy eating.

This approach supports wider school life: healthy eating contributes to improved behaviour and focus in class; PSHE includes learning about healthy choices and practical food education; the science curriculum covers healthy eating and nutrition; and equality is promoted by considering the needs of all pupils, including those with disabilities and allergies.

3. School lunches

All school meals are provided by our contracted caterer, Innovate, who comply fully with the School Food Standards. Lunches must be ordered by 9pm each Sunday for the following week. Our dining area offers a calm and positive environment where children can socialise and enjoy their meals. Children are encouraged to use a knife and fork and show good table manners. Staff members actively monitor food choices and encourage pupils to try new foods. Parents should support this by providing a wide range of food choices at home so that children experience a varied diet at home and at school.

Free School Meals

All children in Reception and Key Stage 1 are entitled to a free meal via the governments Universal Infant Free School Meals programme. You may be eligible to apply for Free School Meals and school pupil premium funding. You can find out more here [Free School Meals / Pupil Premium Funding](#)

Parents can hand in a completed form to the school office. All applications are treated in the strictest confidence.

If the free school meal application is successful the child will continue to receive free school meals throughout Key Stage 2 as well as the school receiving funding to help them in school.

4. Packed lunches

Aim

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. Packed lunches brought from home should provide children with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- A high content of processed meat products such as sausage rolls, individual pies, corned meat, chicken goujons and sausage/chipolatas. These should only be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged by the school.

Responsibility for Packed Lunch Containers

Parents are responsible for providing a suitable packed lunch container. This container should securely and appropriately store food items until lunchtime.

Encouragement of Reusable Containers

We encourage the use of reusable plastic containers for packed lunches instead of disposable plastic bags and bottles. This supports environmental sustainability and helps keep food fresh.

Food Safety Advice

To prevent the growth of harmful bacteria, it is recommended that an ice pack is included in the packed lunch container to keep food cool and safe until lunchtime.

Hot flasks are not permitted in school. All hot food should be ordered through the school's catering online application.

Monitoring Packed Lunch Contents

To promote healthy eating habits, we will regularly review the contents of packed lunches. When necessary, we will communicate with parents to offer advice and guidance on providing healthy packed lunches.

Preparing Food

When preparing food, it is important to avoid round shapes as these are a choking hazard. Cut small fruits lengthways and then halve again (quarters).

These fruits include:

- grapes
- raspberries
- strawberries
- cherry tomatoes.

If a pupil consistently brings packed lunches that do not follow these guidelines, a letter will be sent home including a copy of this policy.

5. Snacks

- All children should bring a morning snack of fruit or vegetables for playtime.
- Children in early years will sit down to eat their morning and afternoon snack and will be supervised by school staff.
- All EYFS, Year 1, and Year 2 classes include an afternoon snack of fruit or vegetables.
- Milk is provided free for under-fives and is available at a cost for those over five in the rest of the school.
- Only healthy snacks are allowed at break time (fruit, vegetables or salad)

6. Nut Free Policy

We are a nut free school so parents are asked to refrain from providing food products, which may contain nuts, such as chocolate spreads, in packed lunches or any other food brought into the school. Children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

7. Parent and Carer Communication on Healthy Eating

We keep parents and carers informed about healthy eating through our school website and newsletters. The partnership between home and school is essential in shaping children's behaviour, especially when it comes to health. We kindly ask that they do not send food or drinks that go against our food policy. During lunchtime, only water or milk are allowed.

Fussy Eaters, Food Allergies, and Individual Needs

The school recognises that every child is unique, and we are committed to considering the individual needs of all pupils in relation to food. This includes making specific provision for children with medically diagnosed food allergies or intolerances. For children who have restricted diets due to personal preference, families are encouraged to support them at home in gradually broadening the variety of foods they eat, while we promote a positive and supportive approach at school. Many children are more willing to try new foods when they see their peers enjoying them in a social setting, and we encourage this as part of developing healthy attitudes towards food. Where children's eating habits are affected by

special educational needs, these will be addressed as part of their wider SEN plan in consultation with the class teacher and/or SENCO. While reasonable adjustments can be made to support individual circumstances, the health and safety of all children remains our priority. Our overall aim is to encourage children to build positive relationships with food so that they can develop lifelong healthy eating habits.

Celebrations

While we want to celebrate children's birthdays, we ask parents not to provide sweets for the class. Should parents want to mark their child's birthday, we recommend providing a class book, which the child has chosen themselves, to donate and share with their peers.

Water for All

During school meals, only drinks that follow the School Food Plan guidelines—water, and milk—are permitted. If a child brings a sugary drink, it will be sent home, and parents will be reminded about the food policy. We have water fountains available on the playground, and children are encouraged to drink water regularly. Water bottles are allowed in class, and cooled water is provided for staff and visitors in the staff room.

APPENDIX 1

References

The Eatwell Guide <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Early Years Foundation Stage Nutrition Guidance
https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

DFE Guide to a healthy balanced diet for children
https://assets.ctfassets.net/dvmeh832nmjc/1xYCZwYWqIaiFfCyddkL32/1bceae0a6144c7e7d395852580c1a17f/A_healthy_balanced_diet_for_children.pdf

Schools Food Standards
<https://www.legislation.gov.uk/uksi/2014/1603/contents/made>

APPENDIX 2

From the Early Years Foundation Stage Nutrition Guidance

Table 2: Food and drink guidelines

Food	Guideline
Fruit and vegetables These include: • fresh, frozen, tinned or dried fruit and vegetables • pulses such as lentils and beans.	• Provide at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit). • Provide a variety of vegetables or fruit across the day and each week. • Limit baked beans to once a week if this is being counted as a vegetable. • Avoid dried fruit as a snack. It should only be provided as part of a meal. • Avoid fruit tinned in syrup and choose fruit tinned in juice. • Avoid added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.
Starchy Carbohydrates These include: • bread • potatoes, sweet potatoes, and other starchy root vegetables • pasta and noodles • rice and other grains • breakfast cereals.	• Provide a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day. • Provide plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day. • Provide at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week. • Provide wholegrain starchy foods for at least 1 breakfast, lunch and tea each week. • Limit sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green).

	• Limit the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt. • Limit starchy foods which have been fried to a maximum of once a week (e.g. chips, fried rice and fried noodles). • Limit tinned pasta in sauce (e.g. spaghetti hoops) and choose no added sugar options. • Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals. • Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.
Dairy and plain, fortified plant-based alternatives These include: • milk • cheese • yoghurt and fromage frais.	• Provide 3 portions of milk and unsweetened dairy foods each day (which includes those provided at home). • Provide non-dairy alternatives that are unsweetened and calcium fortified (e.g. oat milk or soya milk). • Provide full fat dairy foods (such as cheese and unsweetened yoghurt and fromage frais) for children under the age of 2 and gradually introduce lower-fat dairy options after this age. • Avoid sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options.
Proteins These include: • beans, pulses and nuts • meat and poultry • fish and shellfish • eggs • meat alternatives.	• Provide a portion of protein as part of lunch and tea each day. • Provide a variety of protein sources as part of lunch and tea across the week. • Provide at least 1 lunch and 1 tea for children each week which uses beans, lentils, pulses or a meat alternative as the protein source. • Provide vegetarian and vegan children with a variety of protein sources such as beans, pulses, and meat alternatives each week as part of lunch and tea.

	• Provide oily fish (such as salmon, sardines or mackerel) at least once every 3 weeks; this can be provided as part of lunch or tea. When oily fish is not provided as a main meal in the week, you could try to provide oily fish as a snack. • Limit oily fish to a maximum of twice per week. • Limit the provision of processed meat products (e.g. sausages, breaded chicken, meatballs), processed fish products (e.g. fish fingers, fish cakes), and products made from meat alternatives (e.g. vegetarian sausages), to once a week for each of the 3 types as these products can be high in saturated fat and salt.
For all foods	• Avoid foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionary. • Avoid artificial sweeteners as they may encourage children to prefer very sweet foods
Drinks	• Provide children with access to water throughout the day. • Provide only fresh tap water and plain milk to drink. • Provide whole milk, semi-skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives for children from 1 year of age. • Avoid skimmed and 1% cow's milk. • Avoid sugary drinks (including fruit juices, squash and smoothies).