



*‘Be the best you can be; together we grow from acorns
to oaks, flourishing in God’s love’*

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

FOOD POLICY

Policy Lead Committee: Local Academy Committee

In consultation with: Senior Leadership Team

Approved by:

M. Creed, Chair of Committee

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1. Introduction

This policy covers all aspects of food and drink at school.

1.1 Schools Food Statement

We are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices through our approach to food provision and food education.

2. Aims

- To provide a range of healthy food choices throughout the school day.
- 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.

3. The School Day

3.1 Breakfast

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.

Bream C of E Primary School runs a daily breakfast club for pupils from 8:00 am to 8.45 am.

Breakfasts include cereals, a selection of fruit and toast.

We understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

We discourage the consumption of snacks high in fat and sugar at break-time. The school provides daily fruit for pupils in Reception and KS1.

All children are encouraged to have a healthy snack.

3.2 School Lunches

School lunches are provided by Caterlink and served between 12.00 and 1.30 in the hall.

The school meals meet the mandatory requirements of the School Foods Standards 2015.

More information about the Caterlink company can be found at www.caterlinkltd.co.uk

School meals are planned on a 3-week cycle and contain meat, fish and vegetarian options.

We provide a clean, sociable environment for all pupils to eat their lunch.



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3.3 Packed Lunches

Bream C of E Primary School aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

3.4 Drinks

The schools provide water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink. Pupils have access to water throughout the day.

Free school milk is provided to all pupils up to the term in which they turn 5. School milk is available to all older children at a small cost.

3.5 School Trips

A packed lunch will be provided by the school, for all children who usually have a free school meal or children are welcome to bring their own packed lunches.

3.6 After School Club

The food and drink provided at our after-school club is in line with the overall school food policy around snacks.

4. Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage in PE, science, PSHE and Design Technology (cooking and nutrition). The Eatwell model (see appendix A) is used throughout the school as a model of understanding a balanced diet. We help children learn about where food comes from.

5. Special Dietary Requirements

The school does everything possible to accommodate pupil's specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school.



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6. Parents, Carers and Family Members

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

7. Consultation

This policy has been developed through consultation with the whole school community. The policy and its impact are reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

This policy is available on the school website: www.breamcofe.co.uk/policies

Paper copies are available on request from the School Office.

Appendices Overleaf



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Appendix 1: Eatwell Guide

