



Whole School Food Policy 2025

INTRODUCTION

St Albert's is supported by Public Health to be part of the Healthy Schools Knowsley scheme. St Albert's is dedicated to providing an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

This policy was formulated through consultation between members of staff, governors, caterers, parents/carers, and pupils. This policy is communicated to the entire school community and is adhered to by everyone involved with the teacher/serving/cooking or food and drink in school during the day and our partners that share our school premises.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Paul Shelton and the member of Senior Management Team that oversees all aspects of food in school is Mrs McEvoy, the Headteacher.

FOOD POLICY AIMS

The main aims for our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food/drinks choices throughout the school day and ensure food brought into school is healthy too.
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.

These aims will be addressed through the following areas:

1. CURRICULUM

Nutrition education is embedded in the curriculum at St Albert's across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy. It is also covered at different times throughout the year via enrichment clubs after school such as Cookery and Gardening.

2. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

St Albert's school promotes healthy eating and provides healthy, tasty and nutritious food and drink.

Compliance with the requirements for [School Food Standards](#) is mandatory for all maintained schools including academies. These School Food Standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

The regulations set out the requirements for school lunches provided to pupils, whether on the school premises or not, and to any other person on the school premises. Healthy food should not just be provided for lunch but to pupils on and off premises, including breakfast clubs, tuck shops, snacks and after school clubs.

Breakfast Clubs

Breakfast is an important start to the day for children, a healthy breakfast ensures they are ready to learn and concentrate during lessons.

The school operates a breakfast club that provides nutritious food for pupils before the school day and complies with the [standards for school food other than lunch](#).

Breaktimes/Tuck Shop

The school understands that snacks can be an important part of a child's diet and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat, salt and sugar at breaktime.

The school regularly gives parents advice on healthy snacks via the school newsletter, leaflets sent home and workshops in school. It is discussed regularly at meetings with parents.

We participate in the National Fruit & Vegetable Scheme, therefore KS1 pupils can access free fruit and vegetables each breaktime across the week for free. We also access free fruit for KS2 via a Tesco grant.

School Meals

Food prepared by the school catering team meets the School Food Standards.

As a school we encourage pupils to have a school lunch provided by the school. School meals are also provided to all those pupils who are entitled to them. To check eligibility, please collect and complete an entitlement form from the school office.

Healthy options are promoted and encouraged at lunchtime. Children/young people are consulted about food choices.

We have a Deli Bar and a swap station which children can access during lunch time.

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced

packed lunch options using the principles of the [Eatwell Guide](#) and our Packed Lunch. Useful information and ideas can also be found on the [Councils Healthy Packed Lunch website](#). Following this advice will ensure children having packed lunches have a healthy balanced meal.

Children are not allowed Fizzy Drinks in school and water is heavily promoted and encouraged. All children have access to water throughout the day.

Sweets, chocolate bars and nuts are not allowed.

Use of Food as Reward/ Birthdays

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

The school does not allow birthday treats or birthday cakes.

Drinking Water

The School Food Standards recommend that free, fresh drinking water must be available at all times.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is free for all pupils at lunchtime meal service.

3. SPECIAL DIETARY REQUIREMENTS

The school provides food in accordance with pupil's religious beliefs and cultural practices as required. School caterers offer a vegetarian option at lunch every day.

Schools have a duty to support pupils at their school with medical conditions. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency.

Emergency contact details, along with any particular food requirements. The school and school caterers are made aware of any food allergies/food intolerance/medical diets *and requests for these diets are submitted according to an agreed process.*

All classes have an up to date register of all food allergies. These are also stored centrally in the school office and in the staff room. They are regularly updated and reviewed annually. Parents are encouraged to notify school if there are any issues or changes.

Further information can be found on Allergy Guidance for schools at <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

And Allergy UK <https://www.allergyuk.org/living-with-an-allergy/at-school/>

4. FOOD SAFETY

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. We have food safety information displayed in the appropriate areas.

5. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has been developed the healthy/welcoming aspects of the dining room environment. Lunchtime supervisors will help ensure a safe, enjoyable experience at lunchtime and will always encourage healthy eating and that pupils try new foods.

The school has a Deli Bar and a Swap Station and is a registered Healthy School adapting menu choices in line with the Knowsley Health Team.

6. LEADING BY EXAMPLE

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge and attitudes about food, so it is important that they are familiar with healthy eating guidelines. It is essential that staff are committed to setting an example with food in school.

7. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community. The policy and its impact is 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.

8. REVIEW

Date policy implemented: January 2025

Review date: January 2027