Grantham Villages' CE Primary Schools Federation

Marston Thorold's Charity Church of England Primary School

Food in School Policy

Approved by:	**Executive Headteacher**	Date:	**March 2026**
Next review due by:	**March 2029**		

Introduction

At Marston Thorold's Charity CE Primary School we recognise the important part that a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Consequently the school does its utmost to teach children about living a healthy life, including the importance of eating healthy food. Our whole School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

Aims and Objectives

- to help children know and understand the importance of food and drink in a healthy lifestyle
- to help children learn what healthy food is
- to give children the skills they need to make the right choices with regard to food and drink
- to promote the physical and emotional well-being of our children

The Curriculum

We will plan teaching about healthy eating in our formal curriculum. For example, in EYFS the chidren grow food from seeds and plants, they also visit the local strawberry farm and learn more about how our food grows. We will teach children about the preparation and cooking of healthy food in design technology classes, while in Geography, children learn about food and customs from a variety of different cultures. In science we will teach about nutrition and the needs of a healthy body. Through mathematics we will teach children to measure and calculate size and weight. In religious education, children will learn about how food is valued in different societies and the part food plays in religious custom and practice. In physical education children will have the opportunity to learn how their body reacts to exercise and the importance of food and drink to participation in sport and dance. In PSHE children will have the opportunity to reflect on food related issues, such as how food is advertised, and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

The School Environment

We will ensure that our school environment promotes healthy eating. We will only allow children to eat fresh fruit, dry fruit or fresh vegetables at morning break, together with a healthy drink.

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme – All children under the age of 5 receive a free carton of milk each day.

We will not have vending machines on the school site that dispense sweets or chocolate.

We will encourage children to drink plenty of water and regular opportunities to drink water throughout the day.

School Lunches
We will provide Universal Free School Meals for children in Foundation Stage 2 and Key Stage 1 and encourage parents/carers to take up this offer. We are committed to providing food which is compliant with all national guidelines.

The lunches will be prepared by our school contractors, Farm Kitchen, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit and that all lunches have a balanced nutritional value. Please see their website to see their commitment to providing a healthy lunch:
https://thefarmkitchen.com

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

The parents/carers of children who bring packed lunches will be made aware of our healthy school policy and given clear guidance about what should be included in a healthy packed lunch. Essentially the lunch should contain a 'balance' of food types and may include a piece of cake, packet of crisps or a chocolate bar.

Where a child is found to be bringing an 'unbalanced' packed lunch, it may be necessary for the class teacher or Executive Headteacher to contact parents/carers to discuss the issue.

Wraparound Care
Food provision at our breakfast and after school club and holiday club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Children in the clubs have regular opportunities to discuss healthy eating as part of their general activities.

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.

At fundraising events.

As rewards for achievements, good behaviour or effort.

For using in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch.

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.

Staff will ensure surfaces are kept clean in food preparation areas. Staff will not wear plastic gloves but will ensure their hands are washed before and after handling food and food waste.

Role of Parents and Carers
We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents/carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Monitoring and Review
The Governing Board will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis.

Appendix 1:


School
Food Standards
Compliant
Spring Term
2026
Menu checked and approved by
the Food Education Team
in accordance with the School Food Standards
The Farm Kitchen
January - April 2026
Debbie Barnes,
Prof Derek Ward,
Lincolnshire
COUNTY COUNCIL