



Whole School Food Policy

Owner	Mrs Williams – Personal Development Lead
Committee	
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1. Policy aims

Furzeffield Primary School publishes this policy with the following aims:

- To offer a clear guide to parents, carers, staff and visitors, on Furzeffield commitment to healthy eating and promoting a Surrey Healthy Schools approach.
- To set out the curriculum requirements and explain what will be taught when;
- To promote healthy living and lifestyles for all .

2. Policy development

This policy has been developed through a process of consultation involving governors, school staff, parents and carers.

3. Furzeffield Values and Ethos

- Furzeffield Primary school has 5 core values: Kindness, Respect, Resilience, Aspiration and Inclusion.
- Be kind, be resilient, be respectful.

4. Food in School

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches and after school clubs. For more information please refer to: <http://www.schoolfoodplan.com>

i. School Lunches

Food prepared by our provider Twelve15 meets the national school food based standards. It's not only nutritious and a hot meal every day, but made with quality ingredients, using UK produce (80%), having 30 different menu items to choose from in 3 weeks rotation, made freshly with love by our local passionate team, sourced responsibly with the Earth in mind. It takes the hassle off the shoulders, gives you free time and it's all for free (Reception, Year 1 & 2, Pupil Premium) or for less than a latte, only £2.70 for KS2.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

Our school meal provider is <https://itstwelve15.co.uk/>

ii. Lunches from home

Parents are encouraged to provide healthy well balanced packed lunches. When preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

No confectionary (sweets / chocolate).

No nuts or nut based products.

No fizzy / energy drinks.

No glass bottles or containers.

Warm food brought in a thermos – It is a parents responsibility to make sure that food brought into school meets the required temperatures to ensure that bacteria does not start to form. There is also parental understanding that if food is too hot, then burns may occur as a result of opening containers. Food sent into school is under parental responsibility.

For more information and tips for making a healthy lunchbox, please visit:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

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

<https://www.nutrition.org.uk/putting-it-into-practice/make-healthier-choices/healthy-packed-lunches/>

Appendix 1 – the eat well plate guide

iii. Snacks during break time

Children in EYFS and Key Stage 1 will have access to seasonal fruit during the day, usually at break time.

Children in Key Stage 2 are encouraged to bring in a fresh fruit / vegetable based snack for break time if they wish. E.g an apple, some carrot sticks, an orange, cucumber etc. This is in addition to their lunch. This should not be processed fruit e.g. fruit winders or dried fruit.

If a child has a medical need requiring additional snacks, this will be outlined in their care plan.

iV) Breakfast Club and After school Club

Breakfast Club will **offer** children breakfast from 7.45am.

Pupils are encouraged to select their own breakfast and snacks from the choices on offer. Breakfast club we aims to provide children with a nutritional breakfast to help aid concentration and learning throughout the school day.

On a daily basis we aim to provide rice, wheat, oat and corn based cereals, that are not sugar coated and these will be served with semi-skimmed milk. No extra sugar will be added to cereals. Alongside these we will serve daily – toast with the option of butter. We will also try to provide – seasonal fruits for the children and occasionally offer other items e.g crumpets and pancakes.

(Whole grain varieties will be served whenever possible). Children may also have yoghurt if they choose.

Water, no-added sugar squash and sometimes hot chocolate will also be available.

Year 6 will be offered a separate, optional, breakfast during SATS week.

Staff preparing food will hold a current food hygiene certificate.

Afterschool Club will **offer** children a 'light tea' at 4.15pm.

Daily menu options may include:

Bagels, pitta bread, rolls, wraps, baguettes, crackers, rice cakes, sandwiches and toast. Fillings can include options such as tuna, ham, cheese or jam. Some nights a warm snack will be offered this could be baked beans, spaghetti hoops, soup, hot dogs etc.

Every night the children can also choose from vegetable and fruit snacks e.g. carrots, cucumber, peppers, apple, orange. There may also be seasonal alternatives provided e.g. melon.

Water will be available throughout the session. Children may also choose a no-added sugar squash drink with their food.

Staff preparing food will hold a current food hygiene certificate.

V) Food on School trip

Lunches provided from home for a school trip will follow the same points as set out in section ii.

No fizzy drinks. No confectionary. No glass bottles. No nuts.

If they would like, children who are eligible for free school meals will have the option for a school made packed lunch for the day of their trip.

5. Education and the Curriculum.

Healthy lifestyles will be an integral part of our curriculum at Furzefield Primary school. Our Science, DT, PE and PSHE curriculum will have key themes on choosing and practicing a healthy lifestyle. The curriculum offers opportunities for children to experience food from different countries, historical periods and cultures as well as reinforcing the need for a healthy, balanced diet. Children will each year study a unit on Healthy Eating and are encouraged to use what they have learnt to make informed decision about what they are eating.

6. Water & Hydration

- Children may drink water at any convenient time.
- Every child is encouraged to have a named, refillable water bottle in school every day. They will be able to refill their bottles if needed throughout the day.
- If a child does not have a bottle, we have several water fountains around the school they can have access too.
- Cups will be given to children at lunchtime who have a school provided lunch.
- No fizzy drinks. No energy drinks. No glass.

- If children bring in a home made packed lunch, they should also have a drink included. If they do not, a cup will be given.
- Milk is provided to children in EYFS and who are entitled to free school meals, who want it. Milk can also be provided for those children who have registered and paid for it through our school milk provider, Cool Milk : <https://www.coolmilk.com/>

More information about healthy drink choices for children can be found on the NHS website: [NHS Drinks for Children](#) .

7. Allergens and dietary requirements

Furzeffield Primary school is a **nut free school**. This includes:

What does this mean?

Being a “Nut-Free School” means that we cannot have nuts in school in any form. This also includes sesame seeds as children allergic to nuts may also have a severe reaction to sesame. Therefore the following items should not be brought in:

- Packs of nuts
- Peanut butter, Nutella or Chocolate spreads that are made with nut based oil (majority of chocolate spreads have nut based ingredients).
- Fruit and cereal bars that contain nuts
- Granola bars that contain nuts
- Chocolate bars /cakes/ sweets that contain nuts
- Biscuits / cookies that contain nuts
- Sesame seed rolls or products that contain sesame
- Foods with nut based sauces (such as satay)
- Any home cooked meals for packed lunches that are made from nuts / nut oils / sesame oil.

This list is not exhaustive so please check the packaging of products closely.

What types of food are nuts?

Almonds Cashew nuts Hazelnuts Pistachios

Walnuts Brazil nuts

Pecan nuts

Macadamia nuts Nut oils Peanuts (also called groundnuts, monkey nuts etc).

A **food allergy** is an over-reaction of our immune system to certain types of food. A **food intolerance** is different to an allergy because it doesn't cause an immune response and is less serious. Food allergies can vary in severity from mild to life-threatening. Dangerous allergic reactions are known as anaphylaxis and must be treated as a medical emergency. To treat anaphylaxis, you need to give an injection of adrenaline using an auto-injector.

School staff will also be aware of the allergens that are declared allergens by food law.

The 14 allergens are: **celery**, **cereals containing gluten** (such as wheat, barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

If a child has a **diagnosed allergy** parents need to speak to the school office to complete a form with the school office, with medical evidence, and provide the medication (see Medical needs policy) If a child has an allergic reaction we staff will follow steps in their individual care plan. Members of staff will have first aid training, including anaphylaxis.

If a child has a **diagnosed intolerance** to a food, or food group, parents will need to speak to the school office to complete a 'dietary information form'. If the child is having a school provided lunch, then a form from Twelve15 must also be completed (see Appendix 2) and handed back to the school office.

Furzefield Dietary Information form - <https://forms.office.com/e/380iFfsHs1>

If a child has a food preference - Vegetarian, Vegan, Religious preference, or food avoidance due to suspected intolerance / allergy.

In all above cases, if a child is having a school provided lunch, then will be given a wristband to hand over to the kitchen at lunch time to inform the staff of their allergy or requirement.

Children are also reminded that they should not be sharing food with their friends at lunchtimes.

8. Fasting

Furzefield Primary school would like to support pupils who choose to fast, and will endeavour to create a welcoming environment where pupils can exercise religious freedom and make choices without judgement. We understand that the dates of Ramadan and Eid change each year.

Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood. We do not recommend children in KS1 to fast.

All parents must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan. The school office will send a form for completion.(Appendix 3) If a child says that they are fasting, but the school has not received a permission from their parent, they will be dealt with in a respectful manner and every attempt will be made to contact parents for confirmation; however the child will be encouraged not to miss their lunch.

Class teachers may talk to the children to ask how they are feeling and how we can support them.

In the case of an emergency and a child feels unwell, we will contact the parents and encourage the child to drink some water or have a snack if it is advisable for health reasons, under our duty of care. A pupil will not be forced to take the advice, however, they may be sent home for safeguarding.

Some fasting may make some pupils feel tired. In consultation with the pupil, staff can make changes to their timetable or participation in activities, so they don't over-exert themselves.

If pupils feel uncomfortable about being near food when they're fasting, alternative provision will be made for pupils in discussion with their class teacher.

Fasting pupils who qualify for free school meals are still entitled to this support. Arrangements can be made between the school office and parents to ensure this provision is still met. E.g. a lunchbox could be made for the pupil to take home if required.

We will offer children a dedicated prayer room, during their time of fasting.

9. Free School Meals - FSM

All pupils in Reception, year 1 and year 2 in state-funded schools are entitled to [universal infant free school meals](#).

Some children in Key Stage 2 will be eligible for Free School Meals.

A child may be eligible for free school meals (FSM) if their parents receive any of the following benefits:

- Income Support
- Income-based Jobseekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Support under part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit, provided the parents are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190
- Working Tax Credit run-on, which is paid for 4 weeks after you stop qualifying for Working Tax credit
- Universal Credit – for those applying on or after 1 April 2018, their household income must be less than £7,400 a year (after tax and not including any benefits they get). See the section below for protections in place for those affected by the introduction of this income threshold

Children may also get FSM if they receive any of these benefits directly, instead of through a parent.

This is explained on the [GOV.UK website](#).

10. Other

School events – Any food offered during school events will be in line with Natasha's Law <https://www.narf.org.uk/natashaslaw>

Birthdays and other special celebrations - Celebrating children's birthdays with cake and sweets is not encouraged during school time. If parents wish to share cake or sweets with their child's classmates, they may do so in the playground after school and with other parent's permission. The items are the responsibility of the giving and receiving parents, the school accepts no responsibility for the items consumed.

School rewards – Teachers may wish to use a class based reward system that offers a food based incentive e.g. popcorn, Christmas party. Teachers will base these on the needs of the children in their class, food will be age appropriate and it will be in line with this policy.

Appendix 1.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Appendix 2 – Twelve15 Dietary request form



SPECIAL DIET REQUEST FORM

School/Academy		
Child's Name	Class	Year Group

Please specify dietary requirements	
Medical - Allergy	
Medical - Intolerance	
Medical – Coeliac Disease	
Religious – (e.g. Hindu)	
Ethical – (e.g. no meat, fish)	

For safety reasons, it is not possible to cater for pupils with airborne allergies given the facilities available in school kitchens. We offer several Special Diet Menus and follow a matching process to align a pupil's need with one of our Special Diet Menus. We offer Vegetarian, Egg Free, Dairy Free, Vegan, Soya Free, Allergy Aware menus and a menu made without ingredients that contain Gluten. See our website [Menu - Twelve15 \(itstwelve15.co.uk\)](http://www.itstwelve15.co.uk)

Please tick which of the allergens (if any) should be excluded			
Wheat/Gluten	<input type="checkbox"/>	Sesame	<input type="checkbox"/>
Peanuts	<input type="checkbox"/>	Fish	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>	Crustaceans	<input type="checkbox"/>
Celery	<input type="checkbox"/>	Molluscs	<input type="checkbox"/>
Mustard	<input type="checkbox"/>	Soya	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	Sulphites	<input type="checkbox"/>
Milk	<input type="checkbox"/>	Lupin	<input type="checkbox"/>
Chickpeas	<input type="checkbox"/>	Legumes	<input type="checkbox"/>

Please tick or insert other dietary exclusions	
Vegetarian	<input type="checkbox"/>
No Pork	<input type="checkbox"/>
No Beef	<input type="checkbox"/>
Vegan	<input type="checkbox"/>
Other	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Is the food hypersensitivity significant or life-threatening?	
Yes	No
If YES and the allergy does not pertain to NUTS school to arrange a meeting with the parent and Twelve15 Operations Team Leader to agree an appropriate Special Diet Menu	

Agreed Twelve15 Special Diet Menu
Meeting Date _____ Signed _____

The following is required for medical diets only and should be copied by the School/Academy representative (who signs below) from the pupil's Care and Treatment Plan. N.B. This is essential to avoid misinterpretation.	
Emergency procedures for use of a preloaded adrenalin injection, where is it kept and who is to administer?	
Local arrangements for identification of child agreed and emergency procedure in place?	

Signature <i>Parent</i>	Print Name	Date
Signature <i>School/Academy Representative</i>	Print Name	Date
Signature <i>Twelve15 representative</i>	Print Name	Date

This form should be held with the child's Care and Treatment Plan within the School/academy office and a copy passed to the team Twelve15 kitchen.

March 2023 For more information please visit – www.itstwelve15.co.uk/allergies.

Fasting information form – sent electronically to parents.

DRAFT

Dear Parents/Carers,

We are aware that some of our children may be observing Ramadan and some may wish to fast.

If your child will be fasting, please can you contact the school office to let us know. We will require this information in writing, so that we can inform staff members of your wishes.

Please include if your child is able to have water throughout the day.

Please also refer to the school food policy for more information. Do also let us know if there is anything else that we can do to support your child during this time.

Kind regards,

The School office