

# Food Standards and Healthy Eating Policy

Aspire Federation




*'Let your light shine!'*

**Reviewed and updated:** March 2026

**Ratified by Governors:** 18<sup>th</sup> March 2026

**Next review:** March 2029

Signed: ...  .....

Signed: .....  .....

Name: Laura Martin  
(Executive Headteacher)

Name: Peter Hilton  
(Chair of Governors)

Date: ...19.3.26.....

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- **1. Policy Statement**

At The Aspire Federation Schools, we are committed to promoting healthy eating and good nutrition to support children's health, wellbeing, learning and development. We recognise that establishing healthy eating habits in childhood helps to support lifelong wellbeing.

This policy applies to:

- Food and drink provided at lunchtime (externally contracted provider)
- Food and drink brought from home
- Food and drink provided by the wraparound care provider
- Food used in celebrations, curriculum activities and events

We aim to create a consistent approach across the school day.

- **2. Aims**

- To comply with the School Food Standards (2015)
- To promote healthy, balanced eating habits
- To encourage healthy drinks and snacks
- To support families in making nutritious choices
- To ensure consistency between school and wraparound provision
- To promote good oral health
- To ensure food safety and allergy awareness
- To support the expansion of FSM eligibility from September 2026 and ensure menus meet standards for increased numbers.

- **3. School Meals (Externally Provided)**

School meals are provided by an external catering contractor and meet the **School Food Standards**.

Menus will be planned in line with the 2025 School Food Standards, including recommended portion sizes and the 3-week menu cycle.

The school will:

- Monitor compliance with School Food Standards
- Liaise regularly with the catering provider
- Ensure menus are balanced and nutritious
- Share menus with families in advance
- Promote school meal uptake

The catering provider will ensure:

- A variety of fruit and vegetables are available daily
- Wholegrain options are provided
- Oily fish is served at least once every three weeks
- Fried and high-fat foods are limited in line with standards
- No confectionery is provided as part of a school meal

- **4. Packed Lunches**

We encourage families to reduce highly processed items in packed lunches, consistent with DfE nutrition research (2025).

**We recommend including:**

- A portion of fruit and/or vegetables
- A starchy food (e.g. wholegrain sandwich, wrap, pasta, rice)
- A protein source (e.g. lean meat, fish, egg, beans, cheese)
- A dairy item (e.g. yoghurt, cheese)
- Water, milk, or sugar-free drinks

**We discourage:**

- Sweets and chocolate bars
- Fizzy drinks
- Energy drinks (not permitted)
- Large quantities of crisps

- High-sugar drinks including fruit juices

Staff will support and encourage healthy choices sensitively and without judgement.

- **5. Drinks Policy**

To promote hydration and oral health:

- Children are encouraged to bring a named bottle of **water** daily.
- Milk is available for eligible pupils.
- Only water, milk, or sugar-free drinks are permitted during the school day.
- Fizzy drinks and energy drinks are not allowed.

We actively discourage high-sugar drinks, including fruit juice and flavoured milk.

- **6. Snacks**

**Morning Snack**

- Foundation Stage and KS1 children receive fruit through the School Fruit and Vegetable Scheme (where applicable).
- KS2 children may bring a healthy snack such as fruit or vegetables.

**Suitable Snacks:**

- Fresh fruit
- Dried fruit (in moderation)
- Vegetables (e.g. carrot sticks, cucumber)
- Plain crackers or breadsticks
- Yogurt (low sugar)

**Not Suitable:**

- Sweets
- Chocolate bars
- Sugary cereal bars

- Crisps (discouraged)

- **7. EYFS**

For EYFS children, the school has regard to the 2025 EYFS Nutrition Guidance, following it unless there is good reason not to.

For EYFS pupils, the school follows the national 'Provide, Limit, Avoid' framework (DfE 2025)

For EYFS children, celebration food must meet EYFS nutrition standards (2025), with non-food celebrations encouraged.

- **8. Wraparound Care Provision**

EcoCoach operates independently but works in partnership with the school to maintain consistent food standards.

The wraparound provider will:

- Follow this school Food Standards Policy
- Provide healthy breakfast and snack options
- Offer water or milk as standard drinks
- Limit high-fat, high-sugar foods
- Ensure allergy and dietary requirements are strictly followed

The school will meet termly with the provider to review food provision and consistency.

Wraparound care must also have regard to the EYFS Nutrition Guidance (2025) when catering for EYFS pupils.

- **9. Allergies and Medical Diets**

The school follows the 2025 Schools Allergy Code and latest DfE/FSA allergy guidance. In line with the 2025 FSA guidance, written ingredient and allergen information labels will be provided for both PPDS (food prepared on site such as packaged sandwiches, fruit pots, hot-held boxed items) and non-PPDS (loose) foods.

- The school maintains an up-to-date allergy register.

- All staff are informed of children with food allergies.
- The catering provider and wraparound provider must comply with Natasha's Law and food labelling requirements.
- Individual Healthcare Plans will outline specific dietary needs.
- Parents must inform the school of any allergies or intolerances.
- Staff will receive annual allergy management training, including PPDS classification and written allergen communication.

- **10. Celebrations and Birthdays**

We encourage non-food celebrations where possible.

If food is brought in:

- It must be pre-packaged with ingredient labels.
- Nut products are not permitted.
- Healthy alternatives are encouraged.

- **11. Curriculum Links**

Healthy eating is promoted through:

- PSHE
- Science
- Design and Technology (food preparation)
- Assemblies
- National initiatives (e.g. Healthy Eating Week)

- **12. Monitoring and Review**

This policy will be reviewed every 3 years, or earlier dependent on Government guidance or initiatives.

Monitoring will include:

- Feedback from pupils and parents
- Monitoring of packed lunches (informal, supportive approach)
- Review meetings with catering and wraparound providers
- Governor oversight

- **13. Responsibilities**

**Governing Body:**

- Approve and review policy

**Head of School:**

- Ensure implementation

**Catering Provider:**

- Meet School Food Standards

**Wraparound Provider:**

- Follow agreed healthy food guidance

**Parents/Carers:**

- Provide healthy packed lunches and drinks

**Pupils:**

- Engage positively with healthy eating expectations