



St. Anne's and  
Guardian Angels

Excellence Together with Christ at the Centre

# School Food Policy

## *Including Packed Lunch Policy*

<b>Approved by:</b>	St Anne's and Guardian Angels Primary School Governing Body	<b>Date:</b> March 2025
<b>Last reviewed:</b>	February 2025	
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## Introduction

Statutory School Food Standards apply to all schools and responsibility to ensure this lies with governors and senior leaders. The purpose of the standards is to ensure that children have access to a wide variety of healthy and nutritious foods, to protect those who are nutritionally vulnerable and promote good eating behaviour.

The School Food Standards came into force on 1st January 2015 and are set out in the School Food Regulations 2014. These regulations set out the requirements for school lunches (provided to registered pupils on and off site and to any other person on the school premises). They also apply to food and drink other than lunch and up until 6.00pm (including breakfast clubs, mid-morning break and after school clubs).

They state, for example, that:

- One or more portions of vegetables are to be on the menu every day
- There is an emphasis on wholegrain foods in place of refined carbohydrates (e.g. brown bread instead of white)
- No more than 2 portions of pastry products are to be served each week
- One or more portions of fruit are to be on the menu every day
- Drinking water is made available

The governing body is responsible for ensuring that the School Food Standards are met.

The governors and staff of this school actively support healthy eating and drinking and food education throughout the school day and extra curricular activities. We are committed to demonstrating consistent messages about healthy eating as we believe that a healthy lifestyle should be encouraged at all times. The policy is overseen by the Head Teacher, Senior Leadership Team and the Local Governing Body.

Implementation of the policy is the responsibility of all members of school staff and is incorporated into curriculum planning. Our aim is to ensure that all aspects of food provision, food education and nutrition contribute to the health, educational benefits and wellbeing of our pupils, their families and the whole school community across the school day. We will achieve this via our school meals service, food education, cooking lessons and growing activities.

## School Aims & Objectives

**Our objectives are to:**

1. Be role models to pupils and their families, in order to contribute to the improvement of children's health and wellbeing, behaviour, concentration and learning outcomes, by promoting a whole school approach to food education and healthy eating.
2. Enable pupils to make healthier choices by increasing knowledge, challenging attitudes and developing and promoting healthy eating.

3. Provide accurate information about nutrition in relation to personal health and help enable pupils to understand that a balanced diet is beneficial.
4. Ensure the food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils, e.g. religious, vegetarian/vegan, medical/allergy needs etc.
5. Make parents aware that lunch is part of the education process and that learning to enjoy a balanced diet is treated in the same way as any other lesson.
6. Create and sustain a whole school approach to our lunchtimes, healthy eating and food education within our school community.
7. Monitor school meals to ensure they are healthy, nutritious and tasty.
8. Ensure that all food served in school is fully compliant with the School Food Standards in line with government legislation.
9. Increase the uptake of hot school meals.
10. Adopt a healthy packed lunch policy to actively encourage healthy packed lunches.
11. Promote the importance of hydration to children's health and education, recommend water as the drink of choice for all children (including those bringing packed lunches from home), and ensure all children have access to free drinking water throughout the school day.
12. Monitor and review our meals and dining service regularly, with a focus on the child's perspective, provide the best possible dining experience for all of our children.
13. Deliver effective cooking in the curriculum activities (including nutritional information) to all children.
14. Ensure Governors hold the school to account and support leadership to embed best practise in food education and provision.

**We will achieve this by:**

1. Including school food in our curriculum planning, ensuring that all children have the opportunity to learn about food and nutrition at an age appropriate level.
2. Discouraging the use of food as a reward within school and pointing parents towards different forms of treats.
3. Ensure children have a healthy snack at breaktime such as fresh fruit or vegetables.
4. Educating pupils, school staff, governors and parents on the links between healthy eating and the educational benefits, health and wellbeing of children.
5. Marketing school meals and the benefits of healthy eating via newsletters, school prospectus, website, social media, assemblies, parents evenings, transition meetings, school events etc.
6. Working with Tower Hamlets Contract Services to run lunch meal tasting sessions as and when available.
7. Ensuring all staff in school receive relevant training opportunities.
8. Encouraging children to try new foods.
9. Encouraging healthy packed lunches and providing guidance for parents as required.
10. Encouraging hot meals where possible to ensure pupils have at least one hot meal a day.

# School Provision

## **Breakfast Club**

The school's breakfast club operates between 8am-8:45am daily and is supported by Magic Breakfast (<https://www.magicbreakfast.com>). Children are not permitted to bring their own food to breakfast club, all food is provided by the school. The food provided may vary subject to availability but will usually include:

- Fruit
- Cereals (Corn Flakes, Rice Crispies, Shreddies, Weetabix) – no additional sugar is permitted
- Toast / Bread products such as bagels
- Yoghurt
- Milk
- Water

## **Mid-Morning Snacks**

There are no vending machines or 'tuck shops' in the school. A selection of fruit and vegetables are provided on each playground during morning break for Year 1-6.

The Early Years classroom provides a snack table which is set up and replenished throughout the morning. The food provided may vary subject to availability but, over the course of the week it will usually include:

- Bananas
- Satsumas
- Plums
- Apples
- Pears
- Sugar Snap Peas
- Tomatoes

## **School Lunchtime Meals**

School meals are provided by Tower Hamlets Contract Catering Services (for more information click [here](#)). All school provided meals are free as part of the Mayor's Meals Scheme.

Contract Catering Services offer:

- Balanced menus that adhere to Government food and nutritional standards
- 2 choices per day, 1 always a vegetarian option
- Special diets catered for, including cultural, medical and intolerance
- Full allergen information
- Meals are made fresh each day on site
- Quality ingredients: they hold the Soil Association's Silver Food for Life Accreditation
- Sustainable and ethical sourcing
- Certified and traceable ingredients including Red Tractor farm assured meats, Fairtrade,

- sustainable seafood and free range eggs

The school menu operates on a two weekly cycle and a copy of the current menu is displayed in the school foyer and published on the school website.

Pupils in Y1-Y6 are served in the main hall. The school works to promote pupils' social skills by using a partial family style dining set up in the dining hall; cutlery, jugs and cups, salad and fruit platters are placed on the dining table to allow children to self-serve.

Children in the Nursery and Reception classes are served in the Early Years unit by Early Years staff who are able to support the children more effectively in this smaller setting.

Children in our specialist provision class are served in their classroom or the school's teaching kitchen as appropriate depending on the needs of the child.

### **Water Provision**

The school does not provide water bottles. All children are encouraged to bring their own. Children have access to drinking water all day and can either replenish their own water bottles or use cups provided by the school.

### **After School Clubs (Extra Curricular Activities)**

The school does not provide snacks for children attending extra-curricular activities (After School Clubs that run from 3:30pm – 4/4:30pm). Children are permitted to bring a small, healthy snack to school to have before they start their club. This snack must adhere to the school's packed lunch policy and must be nut-free.

### **After School Childcare Provision (3:30pm – 6:00pm)**

The school provides a light, healthy snack for children attending our After School Childcare Provision. This is served in the school's dining area between 3:30pm – approx. 3:50pm. The food provided may vary subject to availability but, over the course of the week it will usually include:

- Fruit
- Vegetables
- Toast with butter or cheese spread
- Popcorn
- Breadsticks
- Crackers
- Hummus
- Yoghurt

Children are permitted to bring their own healthy snacks to have at the After School Childcare Provision but this snack must adhere to the school's packed lunch policy and must be nut-free.

## **School Trips**

All children are entitled to a free packed lunch, provided by the school for school trips. We ask parents to inform the class teacher if this is required so that it can be prepared in time. The food provided may vary subject to availability but will usually include:

- A sandwich made with wholemeal bread (either cheese and cucumber, or tuna and cucumber)
- A piece of fresh fruit
- Cheese and crackers
- A packet of dried fruit (raisins or sultanas)

Children are permitted to bring their own packed lunches to school trips but they must adhere to our packed lunch policy and be nut free.

## **Allergies & Nuts**

St Anne's & Guardian Angels school is a nut-free school and any products containing or flavoured with nuts or chocolate will not be allowed in school, on school trips or in after school clubs. This is so that we can ensure the safety and well-being of all pupils and staff.

If we believe an unopened product does not adhere to this, it will be removed from the child and parents will be asked to collect it from the school office at their earliest convenience.

If the product is open, we reserve the right to dispose of this product for the safety of other children and staff.

If your child has an allergy or a dietary requirement, please inform the school in writing via the school office. The SENCO may consult with the parents and school nurse to create a care plan as needed.

## **Packed Lunches (in school and on school trips)**

School meals which are provided by the school must adhere to the Government School Food Standards which have been in place since 2015. These standards ensure that children are offered healthy, nutritious meals.

Unfortunately, there are no such standards for packed lunches brought in from home and a recent survey found that only 1 in 100 packed lunches would meet the School Food Standards.

Packed lunches can contribute to almost a third of a child's weekly food intake, therefore we want to encourage healthy packed lunches for those children who bring them into school. As such, this guidance has been designed to help you to provide a healthy and nutritious packed lunch for your child.

### **Things to include in your child's packed lunch:**

**1. A portion of bread (or similar), rice, potatoes or pasta**

Good choices include rolls, bread, wraps, chapatti, pitta bread, pasta or rice salad. Wholemeal varieties are good options as they contain more fibre than white varieties.

**2. Plenty of fruit and vegetables**

Lunches should include at least one portion of fruit and one portion of vegetables.

**3. A portion of dairy or a calcium rich alternative**

For example a drink of semi-skimmed or skimmed milk or unsweetened (fortified) soya milk, an individual cheese portion or pot of plain or low sugar yoghurt, or dairy free alternative.

**4. Some protein in the form of beans, pulses, fish, egg, meat**

Suggestions include boiled egg, ham, chicken, soya, Quorn, tuna, mackerel, salmon, hummus, chickpeas, lentils or beans.

**5. A healthy drink**

The best drinks options are always plain water or milk (semi-skimmed, skimmed or unsweetened (fortified) alternative). Try to avoid fruit juices and fizzy drinks – if necessary, switch to no-added sugar cordial instead or add a slice of orange or lime to add flavour to plain water.

Parents often wish to supply a 'treat', which too often is high in sugar and unhealthy. Please save these for at home.

'Treats' that would be permitted include:

- A slice of malt loaf or banana bread, a teacake or low sugar flapjack / cereal bar (nut free), rice pudding pot or sugar-free jelly
- Unsalted pretzels, plain popcorn, flavoured rice or corn cakes with cream cheese, crackers & cheese, vegetable or bread sticks with a dip

And remember, treats don't have to be food – you could add a little note, sticker or joke in the lunchbox to make your child smile instead.

### **Things that should not be included in packed lunches:**

- Confectionery, such as chocolate bars & sweets
- Meat and pastry products, such as sausage rolls or pies
- Savoury snacks, such as crisps or processed meat snacks (e.g. Pepperami)
- Chocolate coated biscuits or wafers
- Cakes, bakes, buns or slices
- Fizzy drinks or any other sugar sweetened drinks including milkshakes
- Products containing nuts

If an unopened product does not adhere to this, it will be removed from the child and parents will be asked to collect it from the school office at their earliest convenience. Please be assured that your child will be offered an alternative product from the school kitchen in its place, for example, a piece of fruit, bread, cheese and crackers etc. or a hot meal from the kitchen. If on a school trip, your child will be offered a school packed lunch or a component from a school packed lunch to replace the item.

## Birthdays and Special Occasions

The school does not permit cakes, sweets, party bags or other forms of edible treats to be brought in to school.

From time to time, we may hold school organised celebrations where food is supplied. These will be healthy treats as specified above and may include diluted fruit juice.

## Food as Rewards and Motivators

Food must not be used as a reward or motivator in school and we encourage parents not to use food as a motivator at home.

## Behavioural Feeding and Special Educational Needs

The school recognises that some pupils have additional needs that impact their food choices and, as such, may not be able to fully adhere to this policy. These children are known to the Headteacher and SENCO and the details of their needs and provision are recorded on the SEND register. Personalised strategies will be implemented to support these pupils, and they may be permitted to eat their preferred foods, even if they do not comply with this policy.

The school will continue to offer and encourage healthy food choices, and when these are accepted by the child in school, parents will be asked to discontinue sending preferred foods.

Children with behavioural feeding and/or special educational needs that impact food choices will receive ongoing support from the SENCO, School Nurse, and relevant external professionals as appropriate. If appropriate, a referral may be made to the Evelina Behavioural Feeding Clinic for specialist support. School staff will follow any recommendations made by Evelina Clinic.

## Working with Parents

The school is committed to promoting the health and wellbeing of all pupils. If we have concerns about a child's weight, we will sensitively inform parents and offer support,

including guidance from the School Nurse and other relevant professionals. We ask parents to adhere to this food policy in the best interests of their child's health and welfare, ensuring they receive balanced and nutritious meals both at school and at home.

# Appendix: Packed Lunch Guidance

## Top Tips for Low Sugar Lunch Boxes

We all know that eating too much sugar is bad for us - it can contribute to us having too many calories, which can lead to weight gain. Being overweight increases our risk of health problems such as heart disease, type 2 diabetes and some cancers. Sugar is also bad for our oral health and can cause tooth decay. This not only makes teeth look bad but can also be extremely painful. If not dealt with, rotten teeth may need to be extracted which can lead to further health issues.

In addition, too much sugar can have more immediate effects on our behaviour and concentration levels.

*BUT – how much is too much?*

Here are the recommended daily limits of free sugar for the different age groups – remember, this is not a target to aim for but the maximum amount of sugar we should consume in one day:

Age	Daily Sugar Limit (grams)	Daily Sugar Limit (teaspoons)
0-3 year olds	0g	0 teaspoons
4-6 year olds	19g	4.5 teaspoons
7-11 year olds	24g	5.5 teaspoons
11+ year olds	30g	7 teaspoons

Here are some top tips for keeping sugar to a minimum:

✓ Stick to low sugar sandwich fillings – avoid anything sweet like jam, marmalade or chocolate spread.

✓ Ditch the fizzy drinks , juice boxes & milkshakes – these have surprisingly high amounts of sugar. For example, a Friij Fudge Brownie Milkshake has 13.5 tsps. (54g) of sugar!

✓ Limit pre-packaged, processed foods – not only are these expensive and bad for the environment (often using single-use plastic), they can contain high levels of sugar.

✓ Watch the yoghurts – some contain lots of sugar, especially the split pot varieties. Natural yogurt is best. You can always add fruit pieces to make it naturally sweeter.

✓ Include a homemade snack – find recipes for healthy alternatives such as sugar-free flapjacks. If you make it yourself, you know exactly how much sugar is inside.

✓ Stock up on healthy snacks at home – If children get used to low sugar foods being part of everyday life, it won't seem like such a huge change in their lunchbox. Children model behaviour too so if they see you, other family members or friends eating healthy snacks, they're more likely to want to too!

### **Sugar Swaps**

See how much sugar you could cut out with these swaps...

**Two Small Chocolate Chip Cookies 1.8 tsp (7g)**

SWAP FOR...

**Pot of Sugar-Free Jelly 0 tsp (0g)**

**Fruit Bowl Strawberry Flakes 3.5sp (13g)**

SWAP FOR...

**Handful of Strawberries 1 tsp (4g)**

**Cadburys Chocolate Bar 6.25 tsp (25g)**

SWAP FOR...

**Caramel Rice Cake 1 tsp (4g)**

**Muller Light Yoghurt 3.1 tsp (12.4g)**

SWAP FOR...

**Natural Yoghurt 0.5 tsp (2g)**

**Eat Natural Bar 4 tsp (16g)**

SWAP FOR...

**Crackers & Soft Cheese 0 tsp (0.3g)**

**Nesquik Strawberry Milkshake 12.4 tsp (49.5g)**

SWAP FOR...

**Plain Water 0 tsp (0g)**

**Tropicana Orange Juice 11.5 tsp (45g)**

SWAP FOR...

**No Added Sugar Orange Cordial 0 tsp (0g)**

## Packed Lunches Ideas and Inspiration

### A Sandwich, Bagel, Wrap, Chapatti or Pitta

There are loads of fillings you can choose from, and variety is definitely a good idea. Try to use wholemeal versions if you can – if your child prefers white bread, why not try using 50/50 versions instead, or one slice each of white and wholemeal? Try to add some vegetables to your sandwich fillings, too.

Some ideas include:

- Grated lower-fat cheese with tomatoes & onion
- Tinned tuna & sweetcorn
- Ham with lettuce, cucumber & tomatoes
- Leftover turkey with peppers & spring onions
- Low fat cream cheese & cucumber
- Salmon pâté with salad leaves & cucumber
- Falafel, grated carrot & lettuce leaves
- Left over chicken with spinach
- Egg with salad leaves



### Pasta Salad

There are many ingredients you can mix together to make a pasta salad. Try to use wholemeal pasta if you can. If your child does not like wholemeal, try mixing half white pasta with half wholemeal pasta and see if they notice the difference. These recipes would also work well with cooked and cooled rice, boiled and sliced potatoes, couscous or quinoa. Suggestions include:



- Tinned tuna, sweetcorn & grated carrot
- Roasted vegetables (peppers, red onion, aubergines and/or courgette all work well) & grated cheese
- Chopped ham, grated cheese, diced peppers & spring onion
- Diced & cooked green veg such as green beans, courgettes & peas, halved cherry tomatoes, cooked chicken or prawns and pesto



## Homemade Mini Pizzas

Spread some tomato purée and fresh or dried herbs onto a pitta bread, then top with vegetables such as onion, sweetcorn, peppers, courgettes, spinach or rocket. You could also add some cooked chicken or ham. Then add some grated cheese or slices of mozzarella. Grill until the cheese is melted. Cool and place in the lunchbox in the fridge for the next day.

## Easy Frittatas / Omelettes

Frittatas & omelettes are a great lunchbox item. You can add any vegetables, beans, pulses, meat and cheese that you like, and it is a great way to use up any leftovers.

They are great cooked in a muffin tray to make individual portions (which can also be frozen).

Some favourites include:

- Ham, cheese, mushroom & onion
- Mediterranean veg (peppers, courgette, onion, aubergine) with a sprinkle of cheese
- Potato, pesto, green beans & tuna



## Easy Mexican Quesadillas

These are a great way to use up leftover veg. Spread a wrap with tomato puree or pesto (nut free), add diced veg (peppers, tomatoes, sweetcorn & spring onions all work well) plus grated cheese, top with another wrap and toast in a hot pan, turning once the first side is toasted. Let the quesadilla cool before placing it in the fridge in the lunchbox.