Excellence, Aspiration and Care in Partnership

Whole School Food Policy

Ratified – September 2026

Review Date – September 2029

Osidge School

A member of Ashmole Trust

Whole School Food Policy

Osidge School

1. Purpose

This policy outlines Osidge School's approach to food provision throughout the school day. It provides clear guidance for staff, pupils, parents/carers, and visitors on promoting healthy eating, supporting good oral health, and ensuring safe, inclusive, and high-quality food provision.

A positive food culture supports not only children's health and wellbeing but also their concentration, behaviour, and academic achievement.

2. Food and Drink Provision

2.1 School Food Standards

Osidge School complies with the Department for Education (DfE) School Food Standards (2023), which are mandatory for maintained schools and expected in academies. These standards apply to all food and drink provided between 8:00am and 6:00pm, including breakfast clubs, snacks, lunches, and after-school provision.

For pupils in Reception, we also adhere to the Early Years Foundation Stage (EYFS) Nutrition Guidance (2025), ensuring:

- Appropriate portion sizes
- Consideration of dietary needs and allergies
- Support for cultural and religious requirements
- Engagement with parents/carers
- Safe management of food provision

Younger children benefit from available schemes such as:

- Free fruit and vegetable scheme
- Free milk provision
- Free school meals (where applicable)

2.2 Breakfast Provision

Where provided, breakfast:

- Offers nutritious, low sugar, salt, and fat options
- Always includes fruit and/or vegetables
- Includes only healthy drinks such as plain milk and water

Menus are fully compliant with School Food Standards and tailored to meet the needs of younger children (e.g. lower sugar cereals and appropriate milk choices).

2.3 Snacks

Snacks are used to support a balanced diet and healthy habits.

In line with School Food Standards:

- Only fruit and vegetables are offered
- Dried fruit is only served as part of meals, not as a snack

KS1 pupils receive a daily fruit/vegetable through the Government scheme. Snack provision for EYFS pupils may include a starchy element where appropriate.

Exceptions may be made for pupils with medical dietary requirements.

2.4 School Lunches

School lunches:

- Fully comply with statutory School Food Standards
- Provide a balanced, nutritious meal for all pupils
- Cater for dietary, cultural, and medical needs

All London primary pupils are currently entitled to free school meals.

Menus:

- Are published on the school website
- Reflect EYFS guidance for younger pupils (e.g. appropriate protein sources and healthier options)
- Include only water or plain milk as drinks

School Meals Information: https://www.osidgeschool.org/parents/school-meals/

2.5 After School Provision

Food provided in after-school clubs:

- Meets School Food Standards
- Avoids restricted or unhealthy items
- Supports development of healthy eating habits

Where children remain on site during mealtimes, a balanced meal is provided.
Parents/carers are informed to maintain consistency in children's daily intake.

2.6 Drinks Policy

- Fresh drinking water is freely available throughout the day
- Pupils are encouraged to bring and refill water bottles
- Plain milk is available daily

For EYFS pupils:

- Whole or semi-skimmed milk is provided (no skimmed/1% milk)
- Unsweetened dairy alternatives may be offered

The school does not permit:

- Sugary drinks (including squash and juice drinks)
- Fizzy drinks or flavoured waters
- Smoothies

Only drinks permitted under School Food Standards are allowed.

3. Special Dietary Requirements

Osidge School is committed to inclusion and safety in food provision.

We:

- Support pupils with allergies, intolerances, and medical needs
- Respect cultural and religious dietary requirements
- Work closely with parents/carers to manage risks

A nut-aware approach is followed:

- Nuts are not permitted on site
- However, the school cannot guarantee a completely nut-free environment

Staff training includes:

- Paediatric First Aid
- Anaphylaxis (EpiPen) training
- Food allergy awareness (recommended)

Children with dietary needs are fully included in mealtimes wherever possible.

4. Food Safety and Hygiene

The school ensures high standards of food safety through:

- Appropriate facilities and equipment
- Staff training (including Level 2 Food Safety certification)
- Risk assessments and hazard management
- Adherence to food hygiene regulations

5. Dining Environment and Sustainability

We provide a safe, clean, and welcoming dining environment that promotes:

- Positive social interaction
- Adequate time to eat
- Healthy food choices

Staff act as role models by:

- Promoting healthy eating messages
- Eating with pupils where possible

Sustainability is encouraged through:

- Seasonal and locally sourced produce
- Plant-based meal options

- Reduced packaging and food waste

6. Menu Development and Consultation

We actively consult stakeholders when developing menus, including:

- Pupils (via School Council)
- Parents/carers
- Staff and catering providers

We promote school meal uptake through:

- Feedback surveys
- Tasting sessions
- Inclusive menu planning

7. Food Brought from Home

Packed Lunches

Parents/carers are encouraged to provide:

- Balanced, nutritious meals
- A variety of healthy foods

The school supports this through:

- Guidance and workshops
- Regular communication and awareness campaigns

Pupils with dietary requirements arising from a medical condition are permitted to bring a packed lunch that meets their specific dietary needs.

Food Safety

Parents/carers are asked to:

- Label food clearly
- Store food safely
- Avoid allergens (especially nuts)

Staff are trained to identify and respond to allergic reactions.

8. Celebrations and Birthdays

To promote a healthy school environment:

- Food treats are not permitted for birthdays or celebrations
- Families are encouraged to donate a book instead

9. Food Education

Food education is a key part of the curriculum.

Pupils are taught about:

- Healthy eating and nutrition
- Cooking skills and food preparation
- Food origins and sustainability

This is delivered through:

- Science
- Design & Technology
- Health Education

EYFS pupils engage in age-appropriate food activities, with ideas shared for home learning.

10. Supporting Disadvantaged Families

We actively support families by:

- Promoting uptake of Free School Meals
- Ensuring all children have access to nutritious meals