



Food Policy (2026–2027)

School: Shrewton CE VC Primary School

Approved by: Full Governing Body

Review date: Summer 2027

Our Vision and Values

At Shrewton CE VC Primary School we believe that healthy bodies support healthy minds. This policy is rooted in our Christian vision and our core values of **Love, Kindness, Perseverance, Respect, Responsibility and Friendship**. These values underpin how we care for ourselves and others, how we make positive choices, and how we develop lifelong healthy habits.

Through this policy, we aim to support every child to flourish physically, emotionally and socially within a caring and inclusive school community.

1. Introduction

Shrewton CE VC Primary School is committed to supporting the health, wellbeing and achievement of all pupils by promoting healthy eating and healthy lifestyles. A nutritious diet plays a critical role in children's physical development, emotional wellbeing, concentration and readiness to learn. Poor diet and lack of hydration can negatively impact learning, behaviour and self-esteem.

This policy reflects current national guidance, including the School Food Standards, and adopts a whole-school approach in line with Ofsted expectations for creating a positive culture and ethos around healthy eating. It also incorporates local public health priorities and best practice.

2. Policy Aims

This policy aims to:

- Help children understand the importance of food and drink in maintaining a healthy body and mind.
 - Enable pupils to make informed, responsible and healthy choices about food.
 - Ensure that food provided in school meets current School Food Standards.
 - Promote hydration and physical activity as part of a healthy lifestyle.
 - Create positive dining and social experiences at meal and snack times.
 - Work in partnership with parents, carers and external organisations to reinforce healthy messages at home and at school.
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3. National and Local Guidance

This policy supports and reflects:

- The **School Food Standards (Requirements for School Food Regulations 2014)** and the current government consultation (2026), which aims to align school food with the latest nutritional guidance, including increased fruit and vegetable intake and restrictions on foods high in fat, salt and sugar.
 - Universal Infant Free School Meals for all pupils in Reception, Year 1 and Year 2.
 - Wiltshire Council public health priorities and funded healthy lifestyle initiatives delivered within schools.
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4. Healthy Eating in the Curriculum

Healthy eating and healthy bodies are taught explicitly through the **Phunky Foods Programme**, a Wiltshire Council-funded initiative.

- Phunky Foods provides a whole-school, cross-curricular approach to health, nutrition, hydration, physical activity and emotional wellbeing.
- Learning includes food provenance, balanced meals, hydration, movement, food preparation skills and making informed choices.
- Phunky Foods provides **support and guidance for parents**, particularly around the provision of healthy, well-balanced packed lunches.
- The programme supports pupil leadership through the **Phunky Ambassadors scheme**, where trained pupils take responsibility for:
 - Monitoring lunches and encouraging balanced choices.
 - Promoting regular water intake and hydration.
 - Supporting and encouraging physical activity across the school day.

Healthy eating is also reinforced through science, PSHE, PE, design and technology, assemblies and themed curriculum events.

5. Breaktime Healthy Snack Policy

The school operates a **Healthy Snack Policy** at morning breaktime:

- **Only fresh fruit or vegetables are permitted** at breaktimes.
- **All children in KS1 (Reception–Year 2)** are provided with a free daily portion of fruit or vegetables through the government-funded School Fruit and Vegetable Scheme.
- **Children in KS2** are encouraged to have fruit or vegetables at breaktime. Additional fruit is always available, and there is enough for children who wish to have it.
- Milk or water may be consumed at appropriate times in accordance with school routines.
- Sweets, crisps, chocolate, biscuits and sugary snacks are not permitted at any time during the school day.

This approach promotes equality, responsibility and healthy lifelong habits.

6. Hydration

- Children are encouraged to drink water regularly throughout the day.
- Fresh drinking water is freely available on site.
- Pupils are encouraged to bring a named water bottle containing plain water only.

Hydration is actively promoted by staff and Phunky Ambassadors, supporting children's concentration, energy levels and wellbeing.

7. School Lunch Provision

Hot School Meals

School lunches are provided by **apetito**.

- Meals are **nutritionally balanced, chef-prepared** and **dietitian-approved**.
- Meals are freshly cooked and then frozen to lock in nutrients and flavour, ensuring high quality, safety and consistency.
- Menus fully comply with current School Food Standards and include:
 - A vegetarian option every day
 - Daily provision of fruit and vegetables
 - Appropriate portion sizes for primary-aged children
- Meals are available to all pupils, including those entitled to Universal Infant Free School Meals and Free School Meals.

- Apetito provides suitable options for pupils with allergies, intolerances and specific dietary requirements.

Dining Experience

We aim to create a positive, calm and social dining environment where children are encouraged to enjoy meals together, try new foods and develop good table manners. Staff act as positive role models by reinforcing healthy choices and respectful behaviour.

8. Packed Lunches

- Parents and carers are encouraged to provide healthy, balanced packed lunches that reflect School Food Standards.
 - Packed lunches should be low in fat, salt and sugar and include fruit or vegetables.
 - Fizzy drinks and sugary drinks are not permitted. Water is recommended.
 - Guidance and support for parents is available through the Phunky Foods programme and school communications.
 - The school may contact parents where packed lunches regularly do not meet agreed guidance, offering support rather than sanctions.
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9. Breakfast, Clubs and Special Events

- The school promotes the importance of a healthy breakfast so that pupils are ready to learn.
 - Any food provided at breakfast club, before- and after-school clubs, school trips or events follows this whole-school food policy.
 - **Sweets are not permitted as part of any after-school club snack.**
 - Birthdays and celebrations are valued parts of school life. Children may choose to bring in sweets to celebrate birthdays; however, these must be **wrapped individually and will be given out at the end of the school day for children to take home**, to be consumed at the **discretion of parents and carers**.
 - Parents are encouraged to consider non-food celebrations or healthier alternatives where possible.
 - Fundraising events take into account the importance of promoting healthy choices wherever possible.
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10. Food Safety and Allergies

- All food preparation meets food hygiene and safety requirements.

- Staff involved in food handling are appropriately trained.
 - The school works closely with catering providers to manage allergens safely and effectively.
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11. Role of Parents and Carers

Parents and carers play a key role in supporting healthy lifestyles.

We will:

- Communicate clear expectations around snacks, packed lunches and meals.
- Offer guidance, workshops and resources via Phunky Foods.
- Work in partnership with families in a supportive, respectful and inclusive way.

Parents and carers are expected to support this policy and reinforce healthy habits at home.

12. Monitoring and Review

- This policy will be monitored by the Governing Body.
- Pupil voice, including feedback from Phunky Ambassadors, will inform ongoing development.
- Catering provision and routines will be reviewed regularly.
- The policy will be reviewed every two years, or sooner if national or local guidance changes.



Date approved: 20th April 2026

Signed:

A handwritten signature in black ink, appearing to read "A Howell", written in a cursive style.

Mrs Anna Howell

Head of School.