



Merton Abbey Primary School

Food Policy

This policy will be reviewed in full on a two-yearly basis.
This policy was reviewed and updated in September 2025
Next review date: September 2027

At Merton Abbey Primary we recognise the important connection between a healthy diet and a pupil's ability to learn effectively. Our school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims:

To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards;
To support pupils to make healthy food choices and be better prepared to learn and achieve;
To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Provision of food:

School meals (breakfast)

- Breakfast club is open between 7.45 and 8.45 and social interaction is encouraged whilst eating breakfast;
- The Breakfast Club cost is £6 per day. Some children receive a free breakfast club place dependent on need;
- The food is prepared fresh on site by the members of staff;
- The food on offer ranges from cereals and milk, toast, porridge and sometime eggs. Fresh fruit and squash are also available.

School Meals (lunches)

- School Food is currently provided by Caterlink;
- Free school meals are provided for all children in this school;
- Children and families are able to choose their own dinners using an online menu (via Parent Pay) every day. This has to be selected at home and before 8.30am;
- Children have a choice of halal or non-halal meat;
- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative;
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall;
- A fresh salad bar is available daily;
- Cool water is also available on the dinner tables;
- Children who eat little or too much food are monitored and encouraged; their teachers

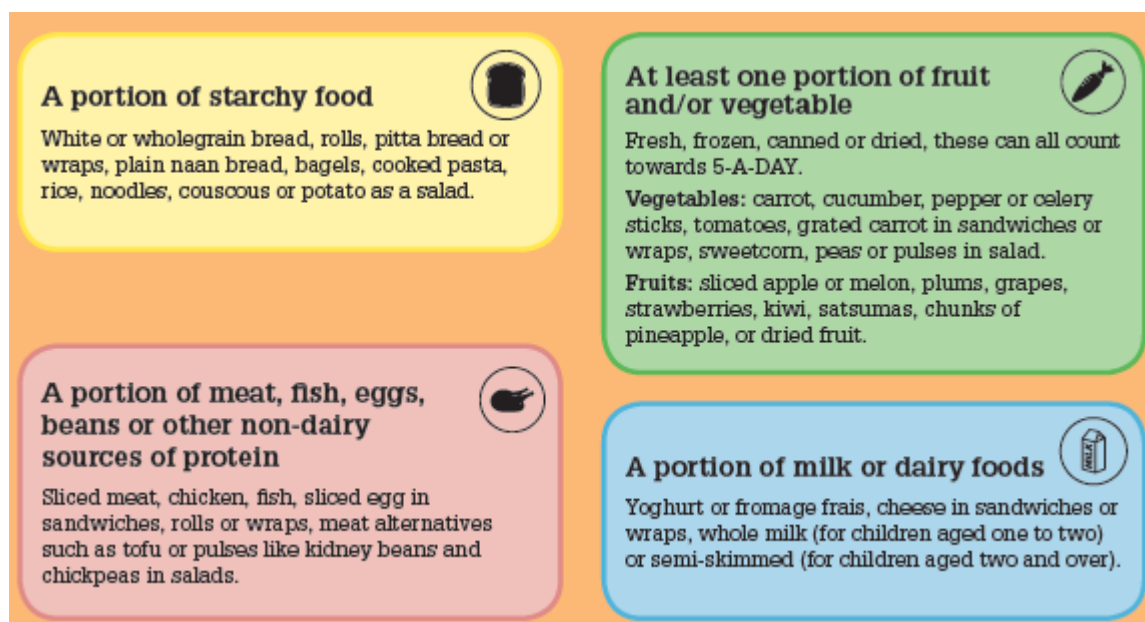
- and parents are informed;
- Our school cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom;
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week;

Packed Lunches

Food and drink in packed lunches:

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times;
- The school will work with parents to encourage packed lunches to meet the standards listed below;
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.
- A healthy packed lunch should include a balance of carbohydrates, protein and dairy products with both fruit and vegetables included. Cakes and biscuits are allowed but encourage your child to eat these only as a part of a balanced meal.

A healthy packed lunch should include:



Packed lunches should **NOT** include:

- Confectionery, such as chocolate bars and sweets.
- Nuts and nut products (we have a number of children with nut allergies in our school)
- Snacks, such as crisps should only be included occasionally.
- Meat type products, such as sausage rolls, pasties, individual pies and sausages should only be included occasionally.
- Fizzy drinks or drinks with a high sugar content.

If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this. If there are nut products found in lunch boxes, they will be removed and given to parents at the end of the day.

Here are some ideas for what to put in a healthy lunchbox:

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

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

School meals (after school club)

- After school club (A.S.C) runs from 3.30pm until 6.00pm.
- A.S.C follow the school food standards and adhere to the following restrictions:
- No more than two portions of food which include pastry each week.
- No snacks, except seeds, vegetables and fruit with no added salt, sugar or fat.
- No confectionery, chocolate and chocolate-coated products.
- Salt must not be available to add to food after it has been cooked.
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon.
- No more than two portions of food that has been deep-fried, batter coated, breadcrumb-coated, each week.

Special dietary requirements:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school. Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including the dinner hall and classrooms.

Due to children having a range of allergies, we are a nut free school.

Drinking water:

Drinking water is provided in all classes, on tap for children to drink water throughout the day. Pupils are able to bring in individual, clean plastic bottles from which to drink. Clean plastic cups are provided in classes too. The school also has 4 water fountains: 2 external (main playground and courtyard) and 3 internal.

Snacks:

KS2 Children are encouraged to bring in a healthy snack to have at break time (fruit or vegetables) and during any after school sports clubs at registration time at 3.30pm.

Provision for staff:

- Staff are encouraged to eat healthily themselves by following the food policy.
- Many staff members choose to have a school dinner. Some choose to eat with the children;
- Staff have discussions about healthy eating and the food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued;
- All kitchen staff have received appropriate training;
- Staff involved in food preparation for breakfast and extended school has a food hygiene certificate;
- All staff have access to chilled drinking water in the staff room.

Other considerations:

- Families are encouraged to bring in raisins, fruit or a class book to celebrate birthdays. As we have children with food allergies, cakes, chocolates and sweets are **not permitted**.
- The use of sweets and confectionary for rewards is not permitted;
- KS2 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Leadership Team;
- Bagels are available for all children at the beginning of the school day;
- During SATs week all year 6 pupils are offered free healthy breakfast.