

Bedfont Primary School



Food & Healthy Eating Policy

Reviewed: September 2026

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1.0 Bedfont Primary School

Bedfont Primary School is committed to supporting every individual to be the very best version of themselves that they can be. This policy sets out our commitment towards doing this, with specific reference to food and healthy eating.

2.0 Rationale

BEDFONT PRIMARY SCHOOL'S ethos extends to encouraging healthy eating patterns in our pupils via a pro-active approach to improving their health and wellbeing.

As part of our approach to improving and sustaining the well-being of our pupils, we will:

- provide opportunities for children to drink sufficient water
- build the importance of healthy eating into our curriculum
- support families in providing a healthy, balanced diet for their children

3.0 Scope

This policy covers the following areas:

- Healthy eating as part of the curriculum
- School meals
- Lunch boxes
- Food consumed at break time in the morning
- Food provided at the schools, other than school meals e.g. Breakfast Club, After School Clubs
- Enrichment activities such as clubs

A balanced, healthy and nutritious diet is important for the development of a child's physical state, as well as promoting concentration in class. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new knowledge and acquiring new skills.

4.0 Aims

BEDFONT PRIMARY SCHOOL recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that we ensure that awareness of healthy eating is promoted by all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment, which supports sustainable healthy eating habits as part of a healthy lifestyle.

5.0 Curriculum

Our curriculum will continue to include work associated with healthy balanced diets in its schemes of work and lesson planning.

As part of the work planned for children in science and other subjects, they will be taught:

- the components of a healthy diet

- the importance of healthy eating both now and in the future
- how to measure and weighing for recipes

6.0 Lunch boxes

BEDFONT PRIMARY SCHOOL requests that parents do not include the following items in packed lunches:

- any food containing nuts
- fizzy drinks/sugary drinks
- sweets

If children do bring these to school they will be kept safe until the end of the day and returned for the child to take home.

We would recommend that packed lunches are well balanced nutritionally in order to provide children with the fuel they need for an active day at school.

Parents are advised to include an ice pack in their child's lunch box. Food products, prepared and stored in ambient temperatures, after a period of between two to four hours, can have increased levels of bacteria in them, which may be harmful to children.

7.0 School Meals

BEDFONT PRIMARY SCHOOL recognise the benefits of a well-balanced hot meal for children, in the middle of the day, which is offered to all children through our hot meals service. Our current provider is The Pantry, who contact parents directly to order lunches.

A Balanced Diet

BEDFONT PRIMARY SCHOOL believes that a child's healthy balanced diet should consist of:

1. plenty of fruit and vegetables
2. plenty of unrefined starchy foods
3. some meat, fresh, eggs, beans and other non-dairy sources of protein
4. some milk and dairy foods
5. a small amount of food and drink high in fat and sugar

Our school lunches are designed to meet the requirements of the [DFE School Food Standards](#) (2015) as updated in June 2023. Therefore, all meals served during the lunch break should meet at least the following standards:

- Fruit and Vegetables
 - One or more portions of fruit and vegetables or salad
 - A dessert containing at least 50% fruit two or more times a week
 - At least three different fruits and vegetables each week
- Milk and Dairy
 - A portion of food from this group every day
- Starchy Food
 - One or more portions of food from this group every day
 - One of more wholegrain varieties of starchy food each week
 - Three or more different starchy foods each week

- Bread (with no added fat or oil) must be available every day
- Meat, fish, eggs and beans (Plus other non-dairy sources of protein)
 - A portion of food from this group every day
 - A portion of meat or poultry on three or more days each week
- Healthier drinks
 - Fresh drinking water available at all times
 - Fruit or vegetable juice (max 150 mls)
 - Combinations of fruit or vegetable juice with plain water (still or carbonated with no added sugars or honey) and no more than 150 mls of fruit or vegetable juice
 - Plain soya, rice or oak drinks enriched with calcium
 - Plain yoghurt drinks
- Foods high in fat, sugar and salt
 - No more than two portions of food that has been deep-fried, butter-coated or breadcrumb coated each week
 - No more than two portions of food which include pastry each week
 - Savoury crackers or breadsticks can be served at lunch
 - No confectionary, chocolate or chocolate coated products
 - Salt must not be available to add to food after it has been cooked
 - Condiments must be limited to portions of no more than 10g.

8.0 Break time Food

Bedfont Primary School provides free milk to under 5's under a fully refunded scheme and to charge any over 5's for milk should their parents request it. All schools participate in the healthy fruit and veg scheme and provide a portion of fruit or veg to every pupil in Key Stage 1 during the morning.

9.0 Breakfast & After School Club Food

Food served for breakfast and after-school clubs should be nutritional and appetising to children. Extra sugary cereals and excessive use of sugar will not be permitted in breakfast clubs and snacks high in sugar or salt or containing chocolate will not be permitted in after school clubs.

10.0 Enrichment Activities

We will seek to provide experiences which develop a love of cooking and learn how to prepare healthy meals. This is an important skill in life and the earlier children start the better. By acquiring this invaluable skill, children can also gain an understanding of the importance of a healthy and balanced diet.

11.0 School Environments

We will provide a safe and healthy eating environment for pupil, staff and visitors having lunch in the schools.

Each school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, our schools request children adhere to the following guidelines:

- children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- midday supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch etc.
- children are expected to behave whilst eating their lunches, be polite and helpful

- if children are unsure of what the meal, or any meal item, is, they can ask the kitchen team or midday supervisory assistant to explain
- children leave the area where they have eaten their lunch clean and tidy

11.0 Review

This policy will be reviewed every two years and update it in consultation with key staff, in line with current best practice as s/he considers necessary.