

# Saint Mary's Catholic Primary School



Catholic  
Primary School  
**Congleton**  
A Voluntary Academy

## School Food Policy

*Saint Mary's Catholic Primary School is a Christ centred learning community,  
where all are safe, valued and loved."*

Policy Schedule	Date	Signed
Approved by the Governing Body:	06.12.2022	Headteacher: Greg Merrick Chair of Governors: Paul Fagan
To be reviewed:	December 2025	

## Saint Mary's Catholic Primary School, Congleton

### SCHOOL FOOD POLICY

#### Introduction

At Saint Mary's Catholic Primary School, we have a responsibility to teach children about the importance of eating healthily and we will work with parents/carers to ensure that children eat a variety of foods, including fruit and vegetables, as part of a balanced diet. We encourage children to take up the offer of a freshly cooked school meal by our cook who publishes a termly menu, which is uploaded onto our school website.

#### School Action

As a school we will:

- Provide facilities for pupils bringing in packed lunches;
- Provide fresh drinking water readily available to children at all times;
- Provide appropriate seating areas for children having a school meal and those bringing a packed lunch to sit together;
- School staff will encourage children to eat lunches whether provided by the school or from home and will notify parents of any concerns when children do not eat;
- The school will work with parents to ensure that packed lunches are nutritious and comply with healthy eating standards from the OFSTED approved School Food Plan (see link).

#### Parents' Action

Parents are requested to:

- Ensure that school meals are paid for via the online payment system: Parentpay;
- Ensure that they provide a nutritional and healthy packed lunch (see below)
- Work with the school to encourage their child to eat healthily.

#### School and Parents' Action

Both the school and parents will work together to ensure that children show good manners, use appropriate cutlery and behave in an appropriate manner at mealtimes.

#### School Lunch Charter

The ECO team will meet termly to consider positive changes to food, snacks and lunches and develop posters that promote healthy living.

#### School Meals, Packed Lunches & Snacks

##### **General**

As fridge space is not available, children should bring packed lunches in insulated bags with freezer blocks as applicable.

### **Packed lunches should include:**

- Carbohydrates e.g. bread, crackers, pasta, rice or other starchy food
- Protein e.g. cheese, meat, egg, fish (particularly oily fish: salmon, tuna, sardines or mackerel)
- Fresh fruit and vegetables
- Dairy e.g. small yoghurt or fromage frais
- Drink - plain bottled water (if preferred, tap water is available); or fruit or vegetable juice (max 150ml)

Desserts, small cakes and biscuits are permitted at lunchtime.

### **Packed lunches may not include:**

- Peanuts or peanut-containing products
- Sweets / chocolate bars or any confectionery
- Any food which requires re-heating
- Any drink other than plain water or fruit or vegetable juice (max 150ml). (Jugs of water are available on the tables)

### **Crisps**

The basis of a healthy diet is variety and moderation. As an unhealthy choice, crisps (and similar snacks) may only be eaten twice a week at school, in line with deep fried items on our hot school meal menu. To monitor this, crisps will only be allowed on Wednesdays and Fridays.

### **Snacks for Break Time**

The school receives milk for children in Reception and fruit/vegetables for Reception and Key Stage 1 children through a European Union scheme.

We encourage Key Stage 2 children to bring in a piece of suitable fruit/vegetable for morning break. The fruit/vegetable should be in a named container and washed/cut ready to eat.

Please do not send the following as break time snacks:

- Crisps
- Breadsticks or savoury crackers
- Cakes, biscuits, pastries or desserts
- Sweets
- Chocolate or chocolate bars
- Dried fruits\*

\*The NHS "change4life" website states "dried fruits count towards your 5 a day, but they can stick to teeth and could lead to painful tooth decay and so should only be eaten at mealtimes".

### **Important information**

Fruit bowl yoghurt raisins contain 16g sugar in a 25g pack

Sun maid raisins contain 20g sugar in a 28g pack

Bear Yoyos contain 9.8g sugar in a pack of 2 Wheels

1 teaspoon of sugar is 4g

### **Nut-Free School**

Some children in school have severe nut allergies and therefore we cannot allow any nuts or products containing nuts in school (nut-based cereal bars, Nutella spread etc.). Some products are labelled 'may contain nuts.' These labels are precautionary and these products are permitted in school.

### **Water**

Water is available from the various water fountains located around the school site. We also believe that it is important for children to have access to water during the day and encourage them to bring in a named water bottle which can be kept in the classroom. Please ensure you fill up your child's bottle at home with fresh water in the morning and empty and clean it at night. That way you ensure their water is fresh every day. Bottles should not be left in school overnight as they get dirty and can cause tummy upsets.

### **Sweets**

Sweets, chocolate bars and chewing gum are not permitted in school.

Birthday Treats - please save these for parties and do not bring them into school.

We encourage parents to visit our school website page on the following link to learn more about, 'Meals Food and Snacks' at Saint Mary's School: [School Lunches | Saint Mary's Catholic Primary School](https://www.saintmaryscongleton.co.uk/school-lunches) ([saintmaryscongleton.co.uk](https://www.saintmaryscongleton.co.uk))

This policy has been written using guidelines from the Ofsted-approved School Food Plan website: [Ofsted - School Food Plan](https://www.ofsted.gov.uk/school-food-plan)