



Moreton Church of England Primary School



# Moreton Church of England Primary School



## Food from Home Policy

Date: December 2024

Agreed by Governors (Date):

Signed (CoG):



## Contents

### 1. Introduction and Overview

### 2. Guidance

- Relevant legislation
- Guidance on School standards

### 3. Food and drink

- Drinks from home
- Breaktime snacks
- Packed lunches - from home
- Birthday/Party food - from home
- School visits and events – food from home

### 4. Allergy Awareness

### 5. Monitoring and evaluation

Appendix 1	Reminder letter of breaktime snacks
Appendix 2	Reminder letter of healthy, balanced packed lunch
Appendix 3	Reminder letter of high risk foods – allergy awareness



## 1. Introduction and Overview

Why do we have a Food from Home policy?

- We want our community to know that we follow the DfE School Food Standards.  
<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england> This Standard applies across the whole school day.
- To follow the School Food Standards, we must also include foods (and drinks) brought in from homes that our pupils consume during the school day.
- We want to work closely with our families to ensure our children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.

## 2. Guidance

### Relevant legislation

This policy relates to the following legislation:

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the [Education Act 1996](#), as amended
- Section 114A of the [School Standards and Framework Act 1998](#)
- 2014 No. 1603 Education, England [The requirements for School Food Regulations 2014](#)

### Guidance on School food standards: resources for schools

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

The resource links above include:

- guidance for schools
- food standards poster
- guidance for governors
- advice on creating a culture of healthy eating
- guidance on food portion sizes
- headteacher and school lunch checklists
- guidance on food allergies



## 3. Food and drink

The headteacher (as the Health and Safety coordinator) is responsible for food in school. The midday supervisor will oversee food and drink at lunchtime.

Staff on break/lunch duty will monitor food and drink at breaktime.

### Drinks from home

Children should only bring from home, plain water (still). All pupils and staff always have fresh water freely available to them and can refill bottles easily. We ask that bottles do not hold more than 500ml, are made of a suitable material (not glass) and can be used easily without spillages.

### Breaktime snacks from home

At morning break times our pupils are allowed to consume

- Fresh and dried fruit
- Rice cakes (not chocolate or caramel covered)
- Crackers (with or without butter)
- Breadsticks
- Cheese
- 25g of cheddar biscuits
- Raw vegetables (e.g. carrots sticks, cucumber, tomatoes etc.)

***Examples of foods and drinks not allowed are fruit winders, sweets, crisps, biscuits, cereal bars, fizzy drinks, juice and flavoured water.***

If a breaktime snack is provided which is not considered to be balanced / healthy, a member of school staff will remove the item. Depending on the item it will either be put back into their lunch box or kept in the office for collection at the end of the day. Staff will advise parents/carers. In the first instance this will be in the form of a note sent home (see Appendix 1). Notes sent will be logged to ensure action is taken by parents.



# Moreton Church of England Primary School



## Packed lunches from home

Packed lunches prepared at home and brought into school are monitored to be in line with School Food Standards. Appropriate storage arrangements are made for packed lunches within classrooms or in the school hall. Pupils are encouraged to bring appropriate containers and lunch bags to store food appropriately. Information is provided to parents on balanced lunchboxes through the school website. Practical workshops may also take place across the school year.

If a packed lunch is provided which is not considered to be balanced / healthy, a member of school staff will contact parents/carers. In the first instance this will be in the form of a note sent home (see Appendix 2). Notes sent will be logged to ensure action is taken by parents.

## Birthday/Party Food from home

Parents sometimes wish to give out birthday food or food brought back from a holiday. In order that we adhere to dietary /allergy requirements of children and staff, any food brought into school to share must have ingredients clearly displayed. Food may be returned if this information is not available.

Food brought in by parents/carers to be shared, must also be packaged for ease of distribution by school staff. The school will not accept foods that require preparation such as, cutting into portions or serving with utensils.

Where Birthday/Party Food is handed out at the end of the day, children are **not** allowed to eat on the school site. Parents will decide if/when their child can consume the treat.

## School Visits and Events – food and drinks from home

Food served at events and taken on trips will be consistent with School Food Standards. Guidance on packed meals and drinks permitted will be given to families for each particular event.



## 4. Allergy Awareness

We acknowledge that it is impractical to enforce an allergen-free school. However, we would like to encourage pupils and staff to avoid certain high-risk foods to reduce the chances of someone experiencing a reaction. These foods include:

- Packaged nuts
- Cereal, granola or chocolate bars containing nuts
- Peanut butter or chocolate spreads containing nuts
- Peanut-based sauces, such as satay
- Sesame seeds and foods containing sesame seeds

If a pupil brings these foods into school, they may be asked to eat them away from others to minimise the risk, **or** the food may be confiscated. We may also ask children to eat other lunch items away from others if there are known allergies such as egg. This will depend on the allergens of pupils in the area.

If food brought from home is provided which is considered a 'high risk' food, a member of school staff will contact parents/carers. In the first instance this will be in the form of a note sent home (see Appendix 3). Notes sent will be logged to ensure action is taken by parents.

## 5. Monitoring and Evaluation

The Headteacher will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.



# Moreton Church of England Primary School



## Appendix 1 – Breaktime snacks reminder letter

### Reminder of breaktime snacks allowed

Dear Parent/Carer,

Our school actively supports healthy eating throughout the school day, this includes during our morning breaktime.

Today your child had a snack at morning breaktime that did not follow our 'Food from Home' policy.

### How can you help?

Please provide your child with morning breaktime snacks that follows our school policy.

At morning break times our pupils are allowed to consume

- Fresh and dried fruit
- Rice cakes (not chocolate or caramel covered)
- Crackers (with or without butter)
- Breadsticks
- Cheese
- Yoghurts
- 25g of cheddar biscuits
- Raw vegetables (e.g. carrots sticks, cucumber, tomatoes etc.)

***Examples of foods and drinks not allowed are fruit winders, sweets, crisps, biscuits, cereal bars, fizzy drinks, juice and flavoured water.***

If you have any questions or concerns about breaktime snacks, please contact our front office staff.

Thank you.

Mrs Batt  
Headteacher



# Moreton Church of England Primary School



## Headteacher Appendix 2 – Packed Lunch reminder letter

### **Reminder of a healthy, balanced packed lunches**

Dear Parent/Carer,

Our school actively supports healthy eating throughout the school day, this includes lunchtimes and packed lunches brought in from home.

Today, your child had a packed lunch that we did not believe encouraged a healthy, balanced diet and was not in line with our Food from Home policy.

### **How can you help?**

Please search online for information on the NHS The Eatwell Guide – or type in the following:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide>

It's important to get some fat in your diet, but foods that are high in fat, salt and sugar have been placed outside of the main Eatwell Guide as they're not necessary as part of a healthy, balanced diet and most of us need to cut down on these.

If you have any questions or concerns about healthy, balanced packed lunches, please contact our front office staff or alternatively, read our 'Food from Home' policy.

Thank you.

Mrs Batt  
Headteacher





## Appendix 3 – High Risk Foods letter to parents

Reminder – High Risk Foods - 'Allergy Awareness'

Dear Parent/Carer,

At Moreton C of E Primary School we want to make sure our children with known or unknown allergies stay safe at school.

Today, your child's snack/packed lunch box included food that we considered a high-risk food regarding allergy awareness. We acknowledge that it is impractical to enforce an allergen-free school. However, we would like to encourage pupils and staff to avoid certain high-risk foods to reduce the chances of someone experiencing a reaction. These foods include:

- Packaged nuts
- Cereal, granola or chocolate bars containing nuts
- Peanut butter or chocolate spreads containing nuts
- Peanut-based sauces, such as satay
- Sesame seeds and foods containing sesame seeds

To keep others safe from possible allergic reactions, your child may have been asked to eat their food away from others to minimise the risk, or the food may have been confiscated.

### **How can you help?**

Please avoid sending in food that is on the high-risk food list above. If you have any questions or concerns about allergies in school, please contact our front office staff or alternatively, read our 'Food from Home' policy.

Thank you.

Mrs Batt  
Headteacher