

Whitechapel Primary School



Whole School Food Policy

AUTHOR	DATE	VERSION	CHANGE REFERENCE / DESCRIPTION
N.Noblett	April 2026	V1	First Draft

Approvers

NAME	DATE	POSITION
Full Governors	May 2026	Resources Committee

Reviewers

NAME	DATE	POSITION

Distribution

LOCATION	DATE
TEAM's File	May 2026

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Statement of intent

At Whitechapel Primary School, we understand that what pupils eat and drink at school is important. We aim to teach pupils about food and nutrition through the curriculum and reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness, and adhering, without exception, to the food standards and legal obligations. As such, this policy has been implemented to allow us to provide food in a safe and hygienic manner.

1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019
- The Food Safety Act 1990
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Products Containing Meat etc. (England) Regulations 2014

This policy operates in conjunction with the following non-statutory guidance:

- DfE 'School food in England'
- The School Food Plan 'School Food Standards: A practical guide for schools, their cooks and caterers'

This policy operates in conjunction with the following school policies:

- Allergen and Anaphylaxis Policy
- Health and Safety Policy
- Infection Control Policy

2. Roles and responsibilities

The governing board is responsible for:

- The provision of food for the school – ensuring pupils entitled to FSM and pupils who have requested school meals receive them.
- Ensuring the agreed food provision adheres to the food standards.
- Ensuring that, where possible, all pupils are able to eat one hot meal a day.
- Ensuring that drinking water is provided free of charge at all times.
- Providing free-to-use facilities to eat food, including accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Ensuring that lower-fat milk or lactose-reduced milk is provided at least once a day during school hours.
- Ensuring that milk is provided free of charge to infants and pupils entitled to FSM.

- Ensuring a free piece of fruit or vegetable is provided outside of school lunch hours for pupils between four and six years old through the School Fruit and Vegetable Scheme.

The Lancashire Catering Services Operations Manager is responsible for:

- Organising food hygiene training, including on allergens, for all in-house kitchen staff, and refresher training.
- Ensuring facilities are cleaned to the highest standards, conducting inspections where appropriate.
- Ensuring the kitchen staff have completed and keep an up-to-date food hygiene plan.
- Discussing with the head cook the meal plans for the term, including where food is sourced from and whether there are any healthier alternatives.
- Creating a whole-school healthy eating strategy that is made in collaboration with the head cook.
- Completing relevant risk assessments.

The Kitchen Manager is responsible for:

- Providing the headteacher with a copy of their food hygiene certificate upon request.
- Ensuring a food hygiene record is kept, to demonstrate how the school ensures all food and its preparation methods are safe.
- Checking the temperatures of food storage areas at the start and end of each day to ensure they are running at the correct temperature and documenting these in the food hygiene record.
- Ensuring PPE is undamaged and that there is enough PPE for each member of kitchen staff.
- Rotating stock to ensure food with a shorter shelf life is used and consumed before food with a longer shelf life.
- Withdrawing stock that has gone past its 'use by' date or is not safe to eat.
- Ensuring a cleaning schedule is maintained and reviewed.
- Ensuring high standards of personal hygiene are maintained at all times.
- Ensuring the food served to pupils is nutritious and provides them with a healthy balanced diet in line with the school's healthy eating strategy.
- Checking that all pre-packaged food provides full ingredient lists and allergen labelling before it is made available to staff, visitors and pupils.

3. Current food-based standards for school lunches

The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan's 'School Food Standards: A practical guide for schools, their cooks and caterers'.

Lancashire Catering Services use the following standards when planning meals and adapting the healthy eating strategy.

Starchy foods:

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
- One or more wholegrain varieties of starchy food each week.
- Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
- A type of bread with no added fat or oil will be available every day.
- Starchy food cooked in fat or oil will only be provided twice a week maximum across a school day.

Fruit and vegetables:

- One or more portions of vegetables (all types) or salad will be available every day.
- One or more portions of fruit (all types) will be available every day.
- Three or more different types of vegetables and three or more different types of fruit will be provided each week.
- A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.

Meat, fish, eggs and other non-dairy sources of protein:

- A portion of meat, fish, eggs, nuts, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week.
- For vegetarians and vegans, a portion of non-dairy sources of protein will be provided on three or more days every week.
- A meat or poultry product, e.g. chicken nuggets, will be served no more than once a week.
- Meat containing any prohibited parts of the carcass, e.g. stomach, will not be provided, in accordance with The Products Containing Meat etc. (England) Regulations 2014.
- No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.

Milk and dairy:

- A portion of cheese, yoghurt or custard will be provided every day.

- Lower fat milk will be available for drinking at least once a day during school hours, e.g. not including breakfast and after-school clubs.

Food high in fat, sugar and salt:

- Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school lunches.
- Snacks that may be provided will include no added salt, sugar or fat and are limited to nuts, seeds, vegetables and fruit.
- Condiments will be limited to one teaspoonful per type of sauce.
- Confectionary, including chocolate and chocolate-covered products, of any kind will not be served, even as part of a dessert.
- Desserts, cakes and biscuits not containing any confectionary may be served as part of a lunch meal.
- No more than two portions of food containing pastry, and food that is deep fried, bread-crumbed or battered will be served a week.

Healthier drink options:

Drink options the school will offer are:

- Still water.
- Lower-fat or lactose-reduced milk.

4. Exemptions to the school food regulations

The school food standards do not apply to food provided:

- At fundraising events.
- As rewards for achievements, good behaviour or effort.
- On an occasional basis by parents or pupils.

5. Healthy eating statement

The school will use healthier cooking methods to contribute to healthy eating, such as the following:

- Using less fat in cooking
- Baking foods rather than frying them
- Increasing use of fats/oils that are high in polyunsaturated fats

- Reducing use of sugar in recipes
- Avoiding using additional salt in cooking processes
- Increasing the use of food items containing high amounts of fibre

All menus created by Lancashire Catering Services will be in accordance with the nutritional standards.

The school will encourage pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, during assemblies, PE lessons and PSHE. A healthy eating strategy will be adopted and its principles embedded throughout the curriculum.

6. Catering service standards

Menus will adhere to statutory nutritional standards and will reflect parents' and pupils' preferences, cultural, religious and special dietary needs.

The cleanliness of the kitchen and serving areas will be kept to the highest standards. Food preparation and serving areas will be cleaned before, during and after preparation and cooking, in accordance with The Food Safety (General Food Hygiene) Regulations 1995 (as amended).

Kitchen staff will:

- Be suitably trained and will have an appropriate recognised qualification in food hygiene.
- Be clean and tidy in appearance and will be courteous to all pupils, staff and parents.
- Adhere to the service times, start and finish, agreed by the headteacher.

7. Purchasing food

All food items are purchased from reputable suppliers through Lancashire Catering Services to ensure compliance with government buying standards.

All pre-packaged foods supplied will clearly display the following information on the packaging:

- Name of the food
- Full ingredients list, with allergenic ingredients emphasised, e.g. in bold, italics or a different colour.

Menus will, as much as reasonably practicable, reflect the natural growing or production period for the UK to assist pupils in learning about food production and seasons.

8. Food and drink safety

Food will predominantly be consumed in the Village Hall, on the playground and in classrooms with teachers' permission. Pupils will be instructed not to run when they are eating. Drinking water will be available throughout the day and pupils will be permitted to refill water bottles throughout the day.

Children in Reception will eat their meals and snacks together in a seated position whilst under the supervision of a Paediatric First Aider.

If members of staff are drinking hot drinks, they will keep them out of pupils' reach. Hot drinks will be kept in insulated and anti-spill flasks with lids, e.g. travel mugs. Staff are permitted to have hot drinks in the classroom; however, they will place them at the back of a desk to minimise the risk of spillage.

If pupils are in a food technology lesson (or similar), they will be supervised by a member of staff and the staff member will demonstrate how to use the equipment.

When eating hot food, pupils will be instructed to use cutlery where possible and to ensure their food is cool enough before eating it.

9. Kitchen safety

Kitchen staff will have a list of all allergens and will avoid using them within the menu.

The 14 allergens which are required to be declared are:

- Celery.
- Cereals containing gluten, e.g. barley and oats.
- Crustaceans, e.g. prawns.
- Eggs.
- Fish.
- Lupin.
- Milk.
- Molluscs.
- Mustard.
- Peanuts.
- Sesame.
- Soybeans.

- Sulphur dioxide and sulphite (where they are at a concentration of more than ten parts per million).
- Tree nuts, e.g. almonds, hazelnuts, walnuts.

All kitchen staff will be suitably trained in allergy awareness. Training will be assessed regularly to ensure staff are competent and confident in dealing with allergens. Where staff are made aware of updates or ingredient changes by suppliers, this will be acted upon immediately.

Kitchen staff will withdraw any produce that has gone past its 'use by' date. All kitchen staff will be trained in food safety as part of their food hygiene training. In events where suppliers recall produce due to reports of harmful levels of bacteria in stock, staff will remove all traces of the product from the kitchen and ensure the headteacher is notified. Parents will be informed of the outbreak.

Kitchen staff will be aware of the 'danger zone' where microbial growth is stimulated – this is between the temperatures of 80°C and 63°C; kitchen staff will cook food until its core temperature has reached 70°C and remains that temperature for two minutes to minimise the risk of harmful bacteria being present in food.

Kitchen staff will have a good knowledge of the risks of cross contamination. Colour-coded chopping boards and corresponding knives will be used for food preparation. The school uses the following colour-coded board and knife system:

Colour of chopping board and knife	Food group
Red	Raw meat
Yellow	Cooked meat/fish
Green	Salads and fruit
White	Bakery and dairy
Brown	Vegetables

10. Food Allergens and Food Intolerance

The school office and kitchen staff will keep an up-to-date register of children with allergens or food intolerances in-line with the school's **Allergen and Anaphylaxis Policy**.

Children with a diagnosed **allergen** will have a photo identification card and Individual Health Care Plan (IHP) in place. School dinners for these children will be provided in-line with the safety guidance provided by Lancashire Catering Service. This includes children with an 'IgE Mediated' milk allergy. These children will be provided with a Lactose Free diet.

Children who present with a non-IgE Mediated (delayed) milk allergy will be provided with a Lactose Free diet. This diet will remain in place until the successful completion of the NHS 'Milk Ladder' steps. Dietary restrictions will remain in place until written confirmation is received from a qualified medical practitioner stating that it is safe to reintroduce milk.

Children with diagnosed or suspected food allergies or food intolerances will have the relevant food(s) excluded from their diet whilst in our care.

11. Monitoring and review

This policy will be reviewed every three years or in light of any changes to relevant legislation.

Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.