



## **Food Policy – 2025/2026**

Sunnyside Primary Academy is dedicated to promoting a healthy lifestyle and fostering positive attitudes towards food. This commitment aligns with the Every Child Matters agenda (2004), which emphasises the importance of holistic child development. By supporting pupils in making informed dietary choices, we recognise that food plays a crucial role not only in providing essential nutrition but also in enhancing social interactions and instilling shared values. The Department for Education highlights the significance of schools in promoting healthy eating, which is integral to both physical and mental well-being.

### **Aims**

Our aims include improving the health of pupils, staff, and families by increasing awareness of food-related issues, which is crucial in light of the NHS's recommendations for healthy eating. We strive to provide a consistent programme of cross-curricular nutrition education, enabling pupils to make informed choices without guilt or anxiety. This approach supports the Healthy Schools Programme, which encourages schools to promote health and well-being through education and community involvement. Additionally, we aim to enhance the social development of each pupil through a pleasant and sociable dining experience, as recommended by Ofsted in their focus on personal development within the school environment.

### **Promoting Healthy Eating**

To promote healthy eating, we encourage pupils to select a variety of foods, ensuring a balanced intake in line with national nutrition guidelines. This is consistent with the School Food Standards (2014), which advocate for schools to provide healthy and balanced meals. We emphasise the importance of starchy foods as primary energy sources over fatty foods, aligning with the Eatwell Guide provided by the Food Standards Agency. Furthermore, we advocate for healthy drinks and discourage sugary drinks and unhealthy snacks, reflecting the Government's commitment to reducing childhood obesity.

### **Mid-Morning Snack**

We encourage fresh fruit or alternative healthy snacks during mid-morning breaks, supporting participation in the School Fruit and Vegetable Scheme. This initiative ensures that every child in Foundation and Key Stage 1 receives an extra piece of fruit or vegetable each day, reinforcing the importance of fruit and vegetable consumption as per national dietary recommendations.

### **Drinks**

Children have access to named water bottles and a water fountain, promoting regular hydration, especially after physical activities. The Rural Payments Agency (RPA) subsidises milk for children up to their fifth birthday, recognising its vital contribution to a child's dietary needs. This aligns with the Department for Education's guidelines on ensuring that children receive adequate nutrition throughout the school day.

### **Packed Lunches**

We provide resources for parents to create healthy packed lunches, discouraging the inclusion of chocolate and sweets. This guidance is in line with the NHS recommendations for healthier

lunchbox options, which aim to support children's overall health and well-being. Further information can be found: [Lunchbox ideas and recipes – Healthier Families - NHS](#).

### **School Meals**

Our catering service provides free school meals that meet recommended nutritional standards and accommodate cultural needs. We maintain a strict nut-free policy to ensure the safety of all pupils, in accordance with the Food Safety Act 1990, which mandates schools to manage allergens effectively.

### **Parental Involvement**

We prioritise awareness and communication with parents regarding our food policies. New parents are informed about our healthy eating initiatives through the school website, ensuring transparency and collaboration. We also encourage parents to report any food allergies or intolerances, aligning with the Children and Families Act 2014, which emphasises the importance of safeguarding children's health and well-being.

### **Food Hygiene**

Regular reminders about the importance of hand washing before and after eating are provided to ensure a hygienic environment. This practice supports the Food Hygiene Regulations 2006, which require schools to maintain high standards of food safety.

### **Conclusion**

Our Food Policy reflects our commitment to promoting a healthy lifestyle among our pupils. By encouraging nutritious food choices and fostering a supportive environment, we aim to enhance the overall well-being and development of our school community. This policy will be reviewed regularly to ensure it remains effective and aligned with current guidelines and best practises in promoting healthy eating.

**Sunnyside Primary Academy is part of Greenwood Academies Trust**

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