



FARMILO
PRIMARY SCHOOL

REDHILL
ACADEMY TRUST
Equality and Achievement

Farmilo Primary School and Nursery

Food in School Policy

Reviewed September 2026
Next Review September 2027.



FARMILO PRIMARY SCHOOL AND NURSERY IS A NUT & EGG FREE SCHOOL.

Aims of the policy

- To promote wellbeing across the school through healthy food and nutrition.
- To ensure consistency and transparency of approach throughout the school
- To teach children about being health, healthy choices and to develop health awareness

Breakfast club:

- Every day of the week from 7.45 a.m. until 8:35 a.m.
- School provides semi-skimmed milk and a selection of low sugar, low salt, high fibre cereals, toast with jam and pure fruit juice- this is a healthy and nutritious start to the day
- Staff provide learning activities/games for the children

Break time:

- Fruit will be provided free by school for pupils up to 7-year-olds as part of the fruit for schools scheme.
- Parents may send a snack item for their child to eat at break times. We would especially encourage the sending in of a healthy snack such as cereal bar, yoghurt tube, fruit or vegetable sticks for children.

REMEMBER AT BREAK TIMES:

- no chocolate/confectionary of any kind for morning snack
- no packets of crisps
- no biscuits
- no nuts or products which contain nuts- due to severe allergies
- no products containing egg - due to severe allergies

Hydration:

- Please provide a water bottle from home for use throughout the day. If this is a problem for you, please see the headteacher. Water bottles can be filled up in the classrooms throughout the school day.
- The milk scheme will continue to operate up to the end of KS1 with the additional scheme for providing low cost, chilled milk for KS2 (contact Mrs Woolley in the school office for details).
- We understand that some children find it difficult to drink pure water. If this is the case parents must contact the Headteacher to discuss this and provide a healthy alternative in their child's water bottle.



Lunchtime:

- School will continue to provide traditional, healthy, balanced meals; please see menu for details.
- School will continue to provide water for all children at lunchtime

Healthy Lunchboxes:

REMEMBER AT LUNCH TIMES:

- no nuts or products which contain nuts- due to severe allergies
- no products containing egg - due to severe allergies
- Please ensure that the lunch provided is healthy and balanced with a range of items for your children. For example, a sandwich/ wrap with filling, piece of fruit, packet of crisps/ biscuits/ crackers, piece of cheese, yoghurt, dessert/ cake item.
- Packed lunches should include a balance of: - at least one portion of fruit and vegetables, preferably at least one of each - a portion of protein (meat, fish or other source of protein such as lentils, kidney beans, chickpeas or hummus - starchy food such as bread or pasta - dairy food such as milk, cheese or yoghurt, or milk-based unsweetened drinks
- If staff are concerned about the contents of a child's lunchbox we will send a note home, identifying what item is causing concern. **Staff will gently raise the issue with the child, explaining why the child needs to take the item(s) home, uneaten at school, or in some cases may need to be removed, due to severe life-threatening allergies.**
- There should be no more than one item containing chocolate, as in chocolate biscuit, no chocolate bars/confectionary allowed to be included in a lunchbox.
- Children should bring a water bottle, drink carton or plastic bottle rather than a flask, glass bottle or ring pull cans
- Drinks should be low in sugar and still, can be a milkshake drink, flavoured water or fruit juice
- If a child does not bring appropriate food for packed lunch, then parents will be contacted.
- The school works in partnership with parents to provide healthy food/ meals for the children. If any parents would like any support with this please contact Mrs Morely, our Parent Support Worker who would be able to advise further.

Birthdays/ Special Occasions:

We discourage sweets and cakes from being brought in for children's birthdays. If you would like to bring a special treat, please speak to class teachers who may be able to provide an alternative to this. For class parties/ Christmas parents will be asked to make a voluntary contribution and staff will then purchase goods to ensure that there are a range of food types and that any allergies/ medical issues are taken into account.

Curriculum/ Cultural links:

As a school we will endeavour to make links with the curriculum and diverse culture through teaching children about different food groups and cultural foods linked to what they are learning about.

Special Dietary Requirements/ Nutrition:

Any child who requires a specific diet should speak to staff during the admissions process and will need to complete an allergens and dietary form. Parents can then make an appointment with the Chef to discuss the needs of their child prior to the child having a school meal. A packed lunch should be brought until the special dietary requirements have been put in place. Further support can also be given with nutrition if needed.

'This policy has been reviewed using the Local Authority Equality Impact Screening tool to ensure that it does not discriminate against any of the protected characteristics'