



King's Group Academies

SCHOOL FOOD POLICY

Approved by:	Trustees	Date:	December 2025
Maintained by:	Head Teacher Forum	Next review due:	December 2026



Contents

1. Purpose	3
2. Food and drink provision throughout the day	3
2.1 School Food Standards	3
2.2 Breakfast	4
2.3 Snacks	5
2.4 School lunches	6
2.5 After school clubs	7
2.6 Drinks	8
3. Menu Development and Consultation	8
4. Food and Drink brought into school and parent engagement	8
4.1 Packed lunches	8
5. Academy events, trips, birthdays and special occasions	9
6. Special Dietary Requirements	9
7. The Dining Experience	10
8. Food Safety	10
9. Cooking and Food Education in the curriculum	10
10. Extra-Curricular Activities	11
11. Monitoring and Evaluation	11



1. Purpose

This policy has been written to give clear guidance to staff, outside visitors, parents and carers and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier pupils but to improved attainment.

2. Food and drink provision throughout the day

2.1 School Food Standards

As part of the School Food Plan, a set of standards for all food served in schools was established by the Department for Education. Since 2024, academies have been expected to comply with these standards and it is an explicit requirement within funding agreements.

The School Food Standards are intended to help pupils develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For further guidance, please refer to:

- [The DFE Standards for School Food in England \(updated 2021\)](#)
- [The DFE School Food Standards](#) – Resources for schools including a practical guide, checklists, portion sizes and allergy information (updated 2021)
- [The School Food Plan](#) provides a range of resources including recipes ideas, portion sizes and learning from others

For academies with a nursery where lunch is offered or provided:

[The EYFS framework nutrition guidance](#) requires early years settings to provide healthy, balanced and nutritious food and drinks to pupils.

For King's Group Academies nurseries, there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for nurseries and nursery units whole milk, rather than lower fat milk, may be provided. Pupils under 2 years should only be offered whole milk. Free drinking water should also be available



for pupils every day. Very young pupils in nurseries should use a free-flow cup for drinking. Staff should also be aware of serving appropriate portion sizes for pupils and encourage them to stop eating when they are full.

Nursery settings are encouraged to consider enhancing their menus to meet the '[Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings](#)'. For more information please refer to

For academies with secondary provision, there is an expectation that:

- Permitted drinks are primarily plain water (still or carbonated), lower-fat milk and fruit or vegetable juice (limited to a portion of 150ml)
- Combination drinks (such as flavoured milk) are limited to 330ml and must contain less than 5% sugar or honey

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

Academies providing breakfast should refer to the information on the [school food standards for breakfast](#).

For information on breakfast guidelines for nurseries attached to schools, reference should be made to the "[Eat Better, Start Better](#)" guidelines (pages 36 and 37)

Please see the local information for details specific to your academy in regards to:

- A variety of different fruits and vegetables e.g. fruit pots, fresh fruit, dried fruit (served in cereal/porridge), canned fruit in natural juices
- A selection of fortified low sugar cereals. We mix plain cereal with wholegrain varieties to reduce overall sugar content. We offer porridge and other high fibre cereals.
- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread e.g. low fat spread, low fat soft cheese, chopped egg, cooked or cold tomatoes or mushrooms, cucumber, beans, avocado, banana, tinned fruit. We offer reduced sugar jam occasionally.
- Semi-skimmed milk for drinking or with cereal and low fat (and lower sugar) dairy products such as yoghurt (lower in fat and sugar, plain and unsweetened) or cheese. Or whole (full fat) milk for pupils aged from 1-2 years.
- Fresh drinking water

Academies should not provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)



- No confectionery (including cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts

2.3 Snacks

Snacks can play an important part of the diet of pupils and young people and can contribute positively towards a balanced diet.

As part of the School Food Standards, academies are only able to provide fruit, vegetables and seeds as a snack. Dried fruit should not be offered as a snack, and should only be offered at mealtimes within a meal or dessert. The Government's school fruit and vegetable scheme entitles all pupils in KS1 to one piece of fruit and/or vegetable per day.

For more information on snack guidelines for schools please refer to [Checklist for school food: other than lunch](#).

Academies should not provide the following foods as snacks:

- Crackers or breadsticks
- Cakes, biscuits, pastries, desserts
- Chocolate, chocolate coated products, or confectionery, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

For more information on snack guidelines for schools please refer to [Checklist for school food: other than lunch](#).

For nurseries attached to primary academies only, the "Eat Better, Start Better" guidelines recommend that each snack for 1-4 year olds includes:

- A starchy food e.g. toast, pitta bread, rice cakes. With a variety of at least 3 different varieties of starchy food across snacks each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary
- Beans, pulses, fish, eggs, meat or other protein may be provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to pupils at least every 1.5 – 3 hours. This is because pupils have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for nurseries and nursery units attached to academies please refer to the "[Eat Better, Start Better](#)" guidelines on pages 38 and 39:

Academies should provide details of how snacks are organised at the academy:

- When pupils are able to eat snacks during the school day



- Whether it provides any food and drink for pupils for snacks and, if so, the details
- Whether pupils are allowed to bring in snacks from home to eat at the academy. If so, provide details of how you ensure that snacks brought into the academy are healthy. e.g. providing guidance for parents/carers on healthy snacks
- How you adapt snacks for 1-4 year olds attending the nursery to meet the “Eat Better, Start Better” guidelines
- How do you identify and manage special dietary requirements and allergies at snack time?
- If any tuck shops run at the academy during break-time, provide the tuck shop food menu.

2.4 School lunches

Please see the local information for details specific to your academy in regards to:

- The quality of ingredients for lunches
- That the choice of meals is appealing and meet the needs of the pupils
- That parents / carers are encouraged to opt for school lunches for their pupils
- That the lunches meet the statutory school food standards. This is especially important if you have a different company / member of staff providing the food and drink for breakfast and after school clubs to the company providing lunches. The food provided at the academy needs to be considered across the whole school day. For example, pupils are only allowed 150ml of fruit juice once per day. If your lunch time catering company provides fruit juice at lunch and your breakfast and afterschool club provider provides it with breakfast, you will not be meeting the statutory standards. Both providers need to work together to ensure the statutory standards have been met.
- That the lunches provided address cultural, religious and special dietary needs including food allergies and medical conditions
- That you have adapted the lunches for 1-4 year olds to meet the “Eat Better, Start Better” guidelines

Academies cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionery (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

For nurseries attached to primary schools, the “Eat Better, Start Better” guidelines recommend that lunches include:

- One lunch that only uses pulses or meat alternatives as the protein source for all pupils
- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for pupils to ask for seconds than to serve them too much.
- pupils are not praised for finishing the food on their plate. This helps pupils to recognize when they are hungry and when they have eaten enough.

For information on lunch guidelines for nurseries and nursery units attached to academies, please refer to the [“Eat Better, Start Better”](#) Guidelines on pages 40 and 41:



2.5 After school clubs

For information on the school food standards for after school clubs please refer to [Checklist for school food: other than lunch](#).

Please see the local information for details specific to your academy.

We provide the following foods/drinks at afterschool club as a lighter meal provision (Provide an example of your afterschool club menu to include):

- A variety of different fruits and vegetables e.g. fruit pots, fresh fruit, canned fruit in natural juices, vegetable sticks with dips, salad shaker pots
- A variety of small snacks – e.g. one slice of bread/toast with a healthy topping such as sliced egg, hummus, cream cheese, canned fish, sliced vegetables e.g. cucumber, tomatoes, pepper
- No pastries, savoury crackers, breadsticks, confectionary, chocolate, cakes, biscuits or desserts are provided
- Fresh drinking water

academies cannot provide the following foods for after school club:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- Confectionery (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts

If provision is offered as a meal, then you should detail how you ensure you include healthy foods from different food groups to ensure the offer is nutrient dense and contains enough energy (calories).

You should advise how you communicate the purpose of the food provision to parents/carers so they can ensure their child is receiving adequate food/nutrition across the whole day.

For academies with a nursery, you may choose to serve your after school menu to younger pupils, as a 'tea provision'.

In these circumstances, please refer to the "[Eat Better, Start Better](#)" Guidelines page 42 and 43; this relates to the provision of tea which is quite nutrient dense serving as a meal provision:

2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Pupils are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that, milk must be lower fat. You may choose to offer lower-fat milk (e.g. semi skimmed milk) from the age of 2 years, providing the child is growing well.



Other than milk provision once per day for infant-aged pupils and those entitled to free school meals, as required by the School Food Standards, we aim to provide just water to pupils, however, depending on the phase of the academy, other drinks may be available.

3. Menu Development and Consultation

Our academy engages with key stakeholders before implementing any menu changes and these include:

- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- Catering staff at academy including chefs and lunchtime supervisors
- Academy Business Manager
- Teacher and teaching assistant representation
- Academy governors

Our academy ensures that the pupil's voice is heard when reviewing our food and drink provision. The group that represents our pupils is called (enter name of group e.g. the School Nutrition Action Group (SNAG) / School Council). We actively encourage pupils from different backgrounds to join this group.

4. Food and Drink brought into Academy and Parent Engagement

4.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches and provide advice on preparing a healthy well balanced child's lunchbox, so that it includes:

- Starchy foods, such as bread, rice, potatoes, pasta etc
- Protein foods, including meat, fish, eggs, beans etc
- A dairy item such as cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- Water
- A minimum of 1 portion of fruit and 1 portion of vegetables everyday

And avoids:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

Information is available on the academy's website and reminders given in regular communication to parents.

- Provide details of how you monitor packed lunches and the steps taken if a packed lunch doesn't meet the above requirements.
- Provide details on facilities for pupils bringing in packed lunches (appropriate dining room, fridge space etc)
- Provide details of the seating arrangements for pupils. E.g. We ensure that pupils who bring packed lunches sit and eat together with school lunch pupils.

5. Academy events, trips, birthdays and special occasions



The NHS's Change4Life programme has developed a range of useful resources to help pupils and families cut down on sugar and become '[Sugar Smart](#)'.

Due to our commitment to be a 'Sugar Smart' academy cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches) and instead we encourage the following:

- Provide details of how your academy ensures that food provided at events and school trips is healthy and well balanced
- Provide details of how you celebrate birthdays e.g. the use of birthday badge/crowns, a story book for the classroom etc
- Provide details of how you ensure you are contributing to the reduction of sugar intake of pupils and their families e.g. regular packed lunch audits, sugar smart themes day using Change4Life resources, display boards of the amounts of sugar in a range of drinks and snacks, newsletter articles with reducing sugar tips, cooking lessons or after school clubs with an emphasis on savoury dishes, promoting oral health, encouraging families to register with a dentist etc
- Provide details of how you collaborate and communicate with parents/carers during special occasions, cultural events and celebrations e.g. providing a list of healthier food options as suggestions for parents on the type of foods they can provide

6. Special Dietary Requirements

We are aware of food allergies and/or intolerances and other dietary requirements of pupils and have procedures in place to identify and manage these, including (provide details of the procedures that you have in place to identify and manage the dietary requirements of):

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances
- People with medical conditions where dietary needs are impacted

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline /anaphylactic shock training
- Specific training to support the needs of individual pupils, as necessary

7. The Dining Experience

Good quality eating environments significantly increase the uptake of academy food. We have done the following to ensure that we have a pleasant eating environment for pupils:

- Provide details e.g. the queuing system, hand washing facilities, seating arrangements, how the food is served, space available, lighting, wall displays, noise control mechanisms, pupil responsibilities, social opportunities, reward systems, water etc
- For nurseries – how do you adapt the dining environment to make it suitable for early years pupils. E.g. Meal and snack times are recognized as an important time to develop verbal skills as well as a time to learn about healthy eating. Do staff eat with the pupils? How do you offer help, role model good manners and eating behaviour, direct conversation and create a calm and relaxed eating environment? How do you supervise the pupils eating? How do you



encourage pupils to try a little of the different foods on their plate and have a balanced diet?
How do you encourage pupils to manage their appetite i.e. listen to their body's cues / stop when feeling full.

8. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Provide details e.g. adequate facilities, suitable equipment, risk assessments and hazards identified.
- Provide details on staff training (e.g. all staff hold Level 2 food safety certification).
- Additional [food safety measures for younger pupils](#) are understood and adhered to and refer to notes within the [Eat Better Start Better](#) document.

9. Cooking and Food Education in the curriculum

Teaching pupils how to cook is an important part of our whole academy approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The academy follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

[Design & Technology](#)

[Science](#)

[Health Education:](#)

Please see the academy Local Information Form for further details of how food, cooking, food growing, and nutrition education is taught in your academy including how you:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
- Address it through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Ensure that staff understand their role of promoting healthy eating messages in the school environment e.g. that all staff are informed about the policy, are given sufficient training so that they can teach and work effectively with pupils, liaise with external agencies and caterers, monitor teaching and learning about healthy eating, and act as positive role models.
- Monitor pupils' learning.

10. Extra-Curricular Activities

Please see the local information for further details.

11. Monitoring and Evaluation

- The Local Governing Body should be assured that the academy is following the policy and all relevant food safety regulations, including Natasha's Law.
- Please see the local information on how the policy is shared with stakeholders.



[Insert Academy Name] Local Information Form

General Information

Academy Lead for this Policy: [Insert Name/Role, e.g., SENCo, Careers Leader, or Attendance Lead].

Date Approved by Local Governing Body (LGB): [Insert Date].

Next Review Date: [Insert Date — usually annually or every three years depending on the policy].

Academic Year: 2026/2027

This document serves as the academy-specific Local Information Form to the trust-wide **KGA School Food Policy**. It outlines the localised food and drink provisions, operational timings, and specific practices unique to our academy to ensure complete compliance with the statutory School Food Standards.

1. Food and Drink Provision Throughout the Day

1.1 Breakfast Club

- **Service Timings:** Breakfast is served daily between [Insert Time] and [Insert Time].
- **Service Provider:** Provisions are managed and delivered by [Insert Name, e.g., Academy Catering Company / School Staff].
- **Core Menu Offerings:** Our breakfast menu complies strictly with KGA standards, utilizing low-sugar fortified cereals, wholegrain breads, low-fat spreads, and fresh fruits.
- **Note:** In line with the trust policy, confectionery, chocolate, cakes, biscuits, or starchy foods cooked in fat/oil are completely restricted at breakfast.

1.2 Mid-Morning Snacks & Tuck Shop

- **Snack Policy:** Snacks are permitted during morning break at [Insert Time].
- **Academy Provided Snacks:** The academy provides [Insert details, e.g., fresh fruit pieces under the Government's School Fruit and Vegetable Scheme for KS1].
- **Snacks from Home:** Pupils [are / are not] permitted to bring snacks from home. If permitted, home snacks must strictly follow trust guidelines and consist *only* of fresh fruit, vegetables, or seeds. Confectionery, crisps, crackers, breadsticks, and dried fruit are prohibited.
- **Tuck Shop Menu (If Applicable):** [Insert tuck shop items here, ensuring total compliance with non-lunch standards].

1.3 School Lunches

- **Lunch Timings:** Lunch is served daily between [Insert Time] and [Insert Time].
- **Catering Provider:** Meals are prepared and provided by [Insert Catering Company Name or Academy Cook].
- **Ingredient Quality & Standards:** Our provider ensures all menus meet the statutory School Food Standards. They collaborate directly with our breakfast/after-school provider to ensure restrictions (such as the 150ml daily cap on fruit juice) are strictly managed across the whole school day.

1.4 After-School Clubs / Tea Provision

- **Service Timings:** Light meals are served at [Insert Time].
- **Service Provider:** Delivered by [Insert Provider Name].



- **Example Menu:** [Insert sample menu items, e.g., vegetable sticks with hummus, salad pots, fruit pots, toast with cream cheese]. No pastries, savoury crackers, sweets, or cakes are permitted.

2. Early Years Foundation Stage (EYFS) / Nursery Provision (*Delete if N/A*)

For our nursery pupils aged 1–4, we adapt our food environment and menus to align with the 'Eat Better Start Better' voluntary guidelines:

- **Snack & Meal Frequency:** Food or snacks are offered every [1.5 to 3] hours due to early years development needs.
- **Milk Provision:** Whole milk is provided to pupils under 2 years old. Free-flow cups are utilized to encourage independent drinking skills.
- **Dining Culture:** Staff eat alongside nursery pupils to role-model good manners, facilitate verbal communication, and encourage pupils to listen to their natural appetite cues (stopping when full rather than forcing a clean plate).

3. Packed Lunches & The 'Sugar Smart' Commitment

The academy is dedicated to being a 'Sugar Smart' community. Sweets, chocolates, crisps, and sugary soft drinks are not permitted on site.

- **Monitoring Protocol:** Packed lunches are monitored daily by [Insert Role, e.g., Lunchtime Supervisors].
- **Non-Compliance Procedure:** If a lunchbox contains prohibited sugary or salty items, the academy will [Insert action, e.g., contact the parent, substitute the item with fruit, or log via school communication app].
- **Dining Arrangements:** To avoid social divides, pupils bringing packed lunches sit alongside peers eating school lunches in the [Insert location, e.g., Main Dining Hall].

4. Special Dietary Requirements & Allergies

We have robust procedures to manage medical diets, food allergies, and religious choices.

- **Identification Process:** Parents must complete a Medical Diet/Allergy Declaration form during enrollment or immediately upon diagnosis. This data is logged on our central system and shared with catering leads.
- **Staff Training:** To maintain a safe dining hall and comply with Natasha's Law, our academy staff maintain certifications in:
 - [] First Aid
 - [] Adrenaline Auto-Injector / Anaphylaxis Shock Training
 - [] Level 2 Food Safety Certification (For food handling staff)

5. Stakeholder Engagement & Pupil Voice

Before implementing any local menu modifications, the academy consults with the Trust nutritionist, school chefs, the Academy Business Manager, and parents.

- **Pupil Representative Group:** Our student body is directly involved in reviewing food standards through our [Insert Name, e.g., School Nutrition Action Group (SNAG) / School Council]. This group meets [Insert Frequency, e.g., termly] to provide direct feedback.
- **We share the policy to stakeholders by:** [staff, parents/carers, students]



6. Curriculum Integration & Extra-Curricular Food Culture

Healthy eating and food preparation are formally integrated into our wider curriculum:

- **Curriculum Links:** Food education is practical and mapped across Science, D&T, and Health Education.
- **Local Initiatives:** [Insert details of school gardens, local cooking clubs, or specific after-school culinary classes available to pupils].
- **For nurseries:** provide details of how you give pupils in the early years different opportunities to explore food with their senses. Are pupils involved in food growing and food preparation? How are pupils encouraged and helped to be successful in self-feeding and self serving to support their independence? How have staff been trained so that they understand the specific nutritional requirements of pupils in the early years