



WESTONZOYLAND

Community Primary School and Pre-school

Food Policy

January 2026

Ratified by:

Headteacher
Andy Clark

Ratified by:

Chair of Governors
Amy Saturley & Laura Proud

Review date: January 2027

**WESTONZOYLAND COMMUNITY PRIMARY SCHOOL
AND PRE-SCHOOL
FOOD POLICY**

Westonzoyland School recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school.

The school is committed to:

- ensuring that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- ensuring that all members of the school community are able to make informed choices and are aware of the importance of healthy food
- enabling pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation
- ensuring that mandatory food based standards are implemented
- encouraging the take up of school meals

Food and Drink Provision Throughout the Day

Breakfast Club

The school operates a Breakfast Club that provides a nutritious meal for pupils before the school day. The breakfast menu includes toast, cereal, fruit, muffins, crumpets, yoghurts and fruit juices.

We have a 'Magic Breakfast Club' in which Pupil Premium children are invited to come into school (between 8.15 – 8.20am) for a free, nutritious breakfast.

Lunch

School meals are provided by Aspens at Northgate Primary School and meet the National Nutritional Standards for School Lunches. **Aspens, our school caterers, run a nut-free kitchen.**

From September 2014, all children in Reception and Key Stage 1 in state-funded schools in England have been eligible for free school lunches. The school fully supports this initiative, encouraging children to have their free school meal.

Fruit Scheme

The school is part of the National Fruit Scheme where all children in Reception and Key Stage 1 are provided with a free portion of fruit for morning snack.

Milk

The school is part of the Cool Milk scheme where all children under the age of 5 are entitled to receive 250ml of milk for free daily.

Afterschool Club

The school operates an Afterschool Club that provides nutritious snacks for pupils after school. Snacks on offer include toast, muffins and crackers with various toppings, fruit, breadsticks, milk and fruit juice.

Drinking Water

Drinking water is available to all pupils, everyday, free of charge. There is a water cooler in the junior corridor which children use throughout the day to refill their water bottles.

Food and Drink Brought into School

Packed Lunches

Packed lunches prepared by Aspens adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches which compliment these standards. This is achieved by promoting healthy packed lunch options using the principles of the “eatwell plate”.

Snacks

The school recommends fruit or vegetable based snacks only at break times and discourages the consumption of snacks high in fat and sugar.

Drink

Children are encouraged to bring to school a refillable water bottle which they may have with them in class. This must contain only water, though juice, milk based drinks and squash are allowed at lunch time.

Special Dietary Requirements

Cultural and Religious Diets

Many people follow diets related to their culture or religious beliefs and the school will make every effort to cater for these children.

Medical Diets

Aspens are committed to providing meals for children with special diets for medical requirements. If a child has allergies or intolerances and wishes to have school meals, Aspens provide an allergy form which must be accompanied with a referral letter from a medical professional.

Allergies

We display an allergy sheet in the kitchen with a photo of the child and details of their allergies to ensure all staff involved in the provision of food are aware. **Please also refer to our separate 'Nut-Free School Policy – September 2025' for more detailed information.**

Training

All staff involved in the preparation of food at Westonzoyland School are trained to Level 2 in Food Safety and Hygiene for Catering.