

Blackrod Primary School



Healthy School – Food and drinks policy

Approved by: CSSC Committee

Last reviewed on: May 2026

Next review due by: May 2027

Aims

- To ensure that pupils are well nourished and hydrated at school and that every pupil has access to water during the school day.
- To ensure children access a healthy balanced diet at school which supports good dental health
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food a safe experience.
- To reduce plastic waste

Provision of meals and drinks across the School day

The Bolton School Meals service provides a balanced meal option for all children. A daily salad bar is available, enabling children to add vegetables, fruit, and, on some occasions, bread or plain pasta to their meal. If a child does not like the meal they have chosen, they will be encouraged to visit the salad bar to ensure they have eaten a sufficient and balanced lunch.

Dietary requirements based on medical, religious, cultural or ethical reasons (including vegetarian and vegan preferences) are catered for within the service.

Where children have a diagnosed food allergy, parents/carers must complete the required Bolton School Meals documentation and provide appropriate medical evidence from a GP or consultant. Children cannot be recorded as having a food allergy based on dislike of particular foods.

All Stars Breakfast and After School Club provide a healthy range of snacks, cereals and toast. Food, which is low in sugar and salt, is provided for the children. Fresh fruit is always an option. Water is accessible at all times for children to drink.

Healthy Snacks at break time

We have a responsibility to promote healthy eating, well-being and dental hygiene.

We cannot allow any nut based products due to a number of children having severe allergies.

- Picasso EYFS Class have snack provided by Bolton School Meals as part of their continuous provision – this can be paid for termly via parentpay
- EYFS/KS1 all receive a piece of fruit or vegetables everyday as part of the government School's Fruit and Vegetable scheme.
- KS1/KS2 Toast (plain or with butter/spread) can be purchased from the school kitchen (Bolton School Meals) termly - this can be paid for termly via parentpay

The following list has been developed in collaboration with the School and Eco council

Children can bring the following items as a healthy snack:

- **A piece of fresh fruit or vegetables**
- **Plain: Toast, bread, bagel, crumpet, crackers or rice cakes.**

(These can have a butter/margarine type of spread)

- **Veggie sticks**
- **Hummus**
- **Cheese spread/cheese**
- **A portion of plain dried raisins, mango, apricots etc**
- **Breadsticks**

Items brought into school which are not in line with the policy will be returned

Children should bring only a small snack for their mid-morning break between breakfast and lunchtime. As this is eaten during playtime, children must have sufficient time within the 15 minute period to eat, play and use the toilet if needed.

Water

Water bottles for the classroom must contain plain water only. Juice, flavoured water, and sugar-free alternatives are not permitted and any such drinks will be replaced with plain water.

This approach supports children's health and wellbeing, recognising that frequent exposure to very sweet foods and drinks, including sugar-free alternatives, can encourage a preference for sweetness and contribute to unhealthy dietary habits.

Packed Lunches

Parents are encouraged to provide a healthy, balanced packed lunch that supports their child's energy and wellbeing throughout the school day, including a variety of foods such as fruit, vegetables, a source of protein, and a carbohydrate option.

For safety reasons, please refrain from sending children with hot food which could cause scalding to themselves or others. All food should be packed in secure containers made from plastic or metal, as glass containers can shatter if dropped and pose a risk of injury.

Children may bring drinks such as juice, milk or flavoured water; however, fizzy drinks are not permitted. Please note that children bringing a packed lunch must also have a separate drink included, in addition to their class water bottle.

Fizzy drinks are not allowed because they are typically high in sugar and can have a negative impact on children's health, including contributing to tooth decay, energy spikes, and difficulty concentrating in class. The carbonation can also cause discomfort, such as bloating, especially during the school day. In addition, fizzy drinks can be more likely to spill or spray when opened, which can create mess and disruption in a classroom or dining setting. By encouraging alternatives like water, juice, or flavoured water, schools support healthier hydration and a more settled learning environment.

If children bring a fizzy drink to school, they will be provided with an alternative drink