


**St Louis Catholic Academy, Newmarket**  
**Part of Our Lady of Walsingham Catholic Multi Academy Trust**

*Christ at the Centre: Children at the Heart*  
*Loving to Learn: Learning to Love*



## **St Louis Food Policy**

Approved by the Committee/Governing Body	5 <sup>th</sup> March 2025
Signature of Chair of Governors	Bethan Byrne/Marc Walker
Signature of CEO OLOW	
Review date	September 2026

### **Introduction**

St Louis Catholic Academy recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupils' ability to learn effectively and achieve high standards at school. It is important that St. Louis Catholic Academy considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The principles of this policy incorporate those outlined in the School Food Plan

<http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell plate'

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards

<http://www.schoolfoodplan.com/standards/>

Ofsted's new Common Inspection Framework, Updated 13 February 2025, includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, throughout their entire inspection, inspectors will look at the extent to which schools are successfully supporting pupils to:

- gain knowledge of how to keep themselves healthy
- make informed choices about healthy eating, and fitness

School leaders and governing bodies should adopt a whole school approach to food.

[Creating a culture and ethos of healthy eating - GOV.UK](#)

### **Our Curriculum**

The Science Curriculum teaches children about nutrition and health.

The PE curriculum supports children's understanding about the relationship between physical activity, nutrition and health.

Our Health and Wellbeing learning forms part of the TenTen Life to the Full curriculum.

In Maths, we learn about food and drink portion sizes. Geography teaches children about farming and agriculture across the world.

We are a Fairtrade school and help children to learn about more equitable ways of trading food for the benefit of growers.

### **FOOD POLICY AIMS**

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community;
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices;
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation;
- To ensure that the mandatory food-based standards are implemented;
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals;
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school;
- To encourage families to provide children with a nutritious and healthy packed lunch;
- To recognise the diversity of food eaten in children's homes and to provide opportunities to taste food from different cultures;
- To establish a good understanding at an early age about what contributes to our good physical and mental wellbeing and how food contributes to this.

These aims will be addressed through the following areas:

## **1. School Food Plan**

School Food in England Advice for Governing Boards was published in March 2019.

This provides guidance to assist schools to:

- Provide tasty food that looks good and is nutritious
- Create a positive dining experience
- Allow children to eat with their friends and instilling a love of cooking and growing
- Adopt a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day;
- The cooks as important staff members; and food as part of a rounded education.

## **2. Equal Opportunities**

In healthy eating, as in all other areas of the curriculum, we recognise the importance of ensuring equal access to all children to good health and nutrition.

## **3. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

### **a. Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the whole school approach to healthy eating.

### **b. Cooking and nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques. Our cooking clubs teach children about the importance of food to our wellbeing.

### **c. Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching a variety of subjects in addition to science and PSHCE. In Maths, children learn about measuring and portion sizing, in English, we write about food experiences. In RE and History children learn about crop growing and diets of ancestors. Geography provides information about the relationship of physical

geography and climate to the diversity of food production, together with the impact of climate change on sustainable farming. Design and Technology includes the design and preparation of food.

#### **d. Staff training**

School staff including teachers, TA's and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

#### **e. Visitors in the classroom**

This school values the contribution made by outside agencies including the school nurse in supporting families to understand the relationship between wellbeing and diet. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

#### **f. Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum.

### **FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### **Food Standards**

##### **Lunch**

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

#### **Universal Free School Meals**

All children in reception, Year 1 and Year 2 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. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

#### **Fruit Scheme (EYFS & KS1 only)**

The school is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of their morning playtime routine.

#### **Milk (Provided for EYFS)**

The new Food Standards require that milk must be available for drinking at least once per day during school hours. This standard is fulfilled by the School being part of the Cool milk scheme.

<https://www.coolmilk.com/>

## **Snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school only permits fruit-based snacks at break times. The school discourages the consumption of snacks high in fat and sugar at break-time. Advice on this standard is available from the Children's Food Trust

<http://www.childrensfoodtrust.org.uk/schools/the-standards/revised-standards/other-than-lunch>

## **Food From Home**

School encourages families sending daily lunches and snacks into school to follow the principles adopted in preparation of daily school meals.

[Healthier Families - Home - NHS](#)

This includes promotion of Healthy Swaps

## **Drinking Water**

Drinking water is available to all pupils, every day, and free of charge. We encourage children to bring their water bottle with them for lunch.

## **Locally Sourced**

Where financially viable, school buys locally, including a weekly fruit delivery to the school kitchen and locally sourced meat from a town centre butcher. By buying from a local supermarket, the school also contributes to employment in the area, including to families.

## **FOOD AND DRINK BROUGHT INTO SCHOOL**

### **Packed Lunches**

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

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

Further advice including a guide to producing a packed lunch policy can be found on the children's food trust website:

<http://www.childrensfoodtrust.org.uk/schools/packed-lunches/packed-lunch-policy>

## **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 provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

For further guidance on Special Diets please access

<http://www.childrensfoodtrust.org.uk/schoolfoodplan/uifsm/special-diets/catering-for-religious-diets>

### **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

### **Food Allergies**

School maintains an up to date list of children's food allergies and intolerances. We are a Nut Free School.

[What's the Difference Between a Nut Free School and a Nut Aware School? - Nut Free](#)

### **Support for Families**

Sometimes, children have a very restricted diet and school can make a referral of behalf of a child to the School Nurse Service for advice. This is only done at the request of a family and with their consent.

### **FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

### **WORKING WITH STAKEHOLDERS**

ST Louis value the knowledge and skills of our stakeholders and we work to improve our food offer in partnership with: School Councillors

The Parent Food Panel



A volunteer nutritionist

We will actively recruit new stakeholders who have the skills to help us meet our Food Policy aims.

## Appendix 1

Resources shared with families:

### NHS Healthy swaps

 <b>Swap from</b>	 <b>Swap to</b>
<ul style="list-style-type: none"><li>✗ Split pot yoghurts and pudding pots</li><li>✗ Cake bars and cereal bars</li><li>✗ Muffins and chocolate</li><li>✗ Crisps</li><li>✗ Juice pouches and fizzy drinks</li><li>✗ Tinned soup</li><li>✗ Ham and cheese sandwiches</li></ul>	<ul style="list-style-type: none"><li>✓ Lower-sugar fromage frais or plain natural yoghurt</li><li>✓ Sugar-free jelly</li><li>✓ A slice of malt loaf or a fruited teacake</li><li>✓ Fresh or tinned fruit (in juice, not syrup)</li><li>✓ Plain popcorn, plain rice cakes or raisins</li><li>✓ No-added-sugar juice drinks, or water with berries and chopped fruit</li><li>✓ Homemade <a href="#">spiced chicken and vegetable soup</a> or <a href="#">harvest vegetable soup</a></li><li>✓ Our delicious <a href="#">beefed up sarnies</a></li></ul>

Healthy Snacks Swap

Swap from	Swap to
 <ul style="list-style-type: none"> <li>✗ Biscuits</li> <li>✗ Chocolate</li> <li>✗ Cake bars</li> <li>✗ Chocolate pudding pots</li> <li>✗ Doughnuts</li> <li>✗ Muffins</li> <li>✗ Crisps</li> <li>✗ Salted peanuts</li> <li>✗ Split-pot and higher-sugar yoghurts</li> </ul>	 <ul style="list-style-type: none"> <li>✓ A slice of malt loaf or fruited teacake</li> <li>✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad</li> <li>✓ A scotch pancake or crumpet</li> <li>✓ Sugar-free jelly or lower-sugar custard</li> <li>✓ Crackers topped with lower-fat cheese</li> <li>✓ Bread or toast with lower-fat spread</li> <li>✓ A bagel topped with sliced banana</li> <li>✓ Plain popcorn or rice cakes</li> <li>✓ Unsalted mixed nuts</li> <li>✓ Chopped veg with lower-fat hummus</li> <li>✓ Lower-sugar yoghurts or lower-sugar rice pudding</li> </ul>

NHS Food App

[Healthier food swaps - Food facts - Healthier Families - NHS](#)

[What works well | Home](#)

[The Eatwell Guide - NHS](#)

[Healthier food swaps - Food facts - Healthier Families - NHS](#)

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

## NHS Packed Lunch Guide

### Lunchbox tips



#### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



#### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



#### DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



#### Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



#### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



#### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



#### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



#### Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



#### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



#### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



#### Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



#### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



#### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited toad cakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



#### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



#### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



#### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



#### Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)



# The School Food Standards

*Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.*

*As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/secure](http://www.schoolfoodplan.com/secure) to find examples of what other schools are doing to encourage children to eat well.*

*Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.*

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs

## Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week

## Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*

No more than two portions of food which include pastry each week\*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products\*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked\*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*

## Milk and dairy

A portion of food from this group every day

Lower fat milk must be available for drinking at least once a day during school hours

## Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

## Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

## Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week\*

Bread - with no added fat or oil - must be available every day

## Healthier drinks\*

Free, fresh drinking water at all times

The only drinks permitted are:

• Plain water (still or carbonated)

• Lower fat milk or lactose reduced milk

• Fruit or vegetable juice (max 150 ml)

• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks

• Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)

• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey

• Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150ml fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice



Guidance for Governors:

[254ddd1d-091b-44e1-a19a-212d61caa205.pdf](#)