



Rawmarsh Ryecroft Infant School

Food in School Policy

Reviewed: December 2025

Next Review Due: December 2027

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Statement of intent

At Ryecroft Infant School, we understand that what pupils eat and drink at school is important. We aim to teach pupils about food and nutrition through the curriculum and reflect these principles in the school's food menu and cooking provisions.

We understand the value of working as partners with our families to develop health eating habits and support children to understand and build positive habits around food.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness, and adhering, without exception, to the food standards and legal obligations. As such, this policy has been implemented to allow us to provide food in a safe and hygienic manner.

Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

The Requirements for School Food Regulations 2014
The Food Information (Amendment) (England) Regulations 2019
The Food Safety Act 1990
The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
The School Standards and Framework Act 1998
The Products Containing Meat etc. (England) Regulations 2014

This policy operates in conjunction with the following non-statutory guidance:

DfE 'School food in England'

The School Food Plan 'School Food Standards: A practical guide for schools, their cooks and caterers'

This policy operates in conjunction with the following school policies:

- Allergen and Anaphylaxis Policy
- Water in School Policy
- Health and Safety Policy
- Infection Control Policy

Roles and responsibilities

The governing board is responsible for:

- The provision of food for the school – ensuring pupils entitled to FSM and pupils who have requested school meals receive them.
- Ensuring the agreed food provision adheres to the food standards.
- Ensuring that, where possible, all pupils are able to eat one hot meal a day.
- Ensuring that drinking water is provided free of charge at all times.
- Providing free-to-use facilities to eat food, including accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Ensuring that lower-fat milk or lactose-reduced milk is provided at least once a day during school hours.
- Ensuring a free piece of fruit or vegetable is provided outside of school lunch hours for pupils between four and six years old through the School Fruit and Vegetable Scheme.
- Ensuring that there is coordination across all catering services sought by the school, to guarantee compliance with school food standards.

- Ensuring that all pre-packaged foods available at the school provide full ingredient lists and allergen labelling.

The headteacher/SBM is responsible for:

- Organising food hygiene training, including on allergens, for all in-house staff.
- Ensuring any external catering companies have an up-to-date food hygiene certificate.
- Work with RMBC Catering to ensure all statutory protocol is observed
- Creating a whole-school healthy eating strategy
- Completing relevant risk assessments around eating and school owned facilities for food preparations

RMBC Catering is responsible for:

- Providing the headteacher with a copy of their food hygiene certificate upon request.
- Ensuring a food hygiene record is kept, to demonstrate how the school ensures all food and its preparation methods are safe, and that this is reviewed on a monthly basis.
- Checking the temperatures of food storage areas at the start and end of each day to ensure they are running at the correct temperature and documenting these in the food hygiene record.
- Ensuring PPE is undamaged and that there is enough PPE for each member of kitchen staff.
- Rotating stock to ensure food with a shorter shelf life is used and consumed before food with a longer shelf life.
- Withdrawing stock that has gone past its 'use by' date or is not safe to eat.
- Ensuring a cleaning schedule is maintained and reviewed on a termly basis.
- Ensuring high standards of personal hygiene are maintained at all times.
- Ensuring the food served to pupils is nutritious and provides them with a healthy balanced diet in line with the school's healthy eating strategy.
- Checking that all pre-packaged food provides full ingredient lists and allergen labelling before it is made available to staff, visitors and pupils.

Current food-based standards for school lunches

The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan's 'School Food Standards: A practical guide for schools, their cooks and caterers'. The school will use the following standards when planning meals and adapting the healthy eating strategy.

Starchy foods:

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
- One or more wholegrain varieties of starchy food each week.
- Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
- A type of bread with no added fat or oil will be available every day.
- Starchy food cooked in fat or oil will only be provided twice a week maximum across a school day.

Fruit and vegetables:

- One or more portions of vegetables (all types) or salad will be available every day.
- One or more portions of fruit (all types) will be available every day.
- Three or more different types of vegetables and three or more different types of fruit will be provided each week.
- A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.

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

- A portion of meat, fish, eggs, nuts, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week.
- Oily fish will be provided once or more every three weeks.

- For vegetarians and vegans, a portion of non-dairy sources of protein will be provided on three or more days every week.
- A meat or poultry product, e.g. chicken nuggets, will be served no more than once a week.
- Meat containing any prohibited parts of the carcass, e.g. stomach, will not be provided, in accordance with The Products Containing Meat etc. (England) Regulations 2014.
- No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.

Milk and dairy:

A portion of cheese, yoghurt, fromage frais or custard will be provided every day.

Lower fat milk will be available for drinking at least once a day during school hours, e.g. not including breakfast and after-school clubs.

Food high in fat, sugar and salt:

- Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school lunches.
- Snacks that may be provided will include no added salt, sugar or fat and are limited to nuts, seeds, vegetables and fruit.
- The school will not provide sachets of salt to be added to meals on top of the salts already included within cooking.
- Condiments will be limited to 10-gram sachets or one teaspoonful – pupils will be limited to one sachet per type of sauce.
- Confectionary, including chocolate and chocolate-covered products, of any kind will not be served, even as part of a dessert.
- Desserts, cakes and biscuits not containing any confectionary may be served as part of a lunch meal.
- No more than two portions of food containing pastry, and food that is deep fried, bread-crumbed or battered will be served a week.

Healthier drink options:

Drink options the school will offer are:

- Still plain water.
- Lower-fat or lactose-reduced milk.
- Fruit or vegetable juice (no more than 150mls) – In Wrap Around Provision
- Unsweetened combinations of fruit or vegetable juice with still plain water (no more than 150mls fruit or vegetable juice and no more than 330mls total).
- Soya, rice, oat drinks and plain fermented milk, e.g. yoghurt, drinks.

Portion sizes and food groups

The school will use the following portion sizes and food groups for school lunches, in accordance with the school food standards.

Starchy food:

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Bread	N/A	(50-70g) 1-2 slices of medium bread 1 small roll 1 small or $\frac{1}{2}$ large bagel 1 small pitta 2 6-inch wraps 1 10-inch wrap
Potatoes or sweet potatoes	Raw	120-170g

Jacket and baked potatoes	Raw	200-280g
Other starchy root vegetables, e.g. yam and plantain	Raw	100-150g
Pasta and noodles	Dried	45-65g
Rice	Dried	33-55g
Other grains, e.g. cornmeal and couscous	Dried	40-60g
Potatoes cooked in oil or fat	Raw	70-100g
Garlic bread	N/A	20g (1 slice)

Fruit and vegetables:

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Vegetables or mixed salad	Raw	40-60g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach and spring greens	Cooked	40-60g (1-2 tablespoons)
Pulses, including lentils, kidney beans, chickpeas	Dried	15-20g
	Cooked	40-60g (1-2 tablespoons)
Baked beans in tomato sauce	Cooked	50-70g (1-2 tablespoons)
Vegetable-based soup	Cooked	200-250g
Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g (1 small sized fruit with skin)
Medium-size fruit, e.g. satsumas, plums, apricots, tangerines, kiwis	Raw	50-100g (1 fruit with skin)
Small fruit, e.g. strawberries, raspberries, grapes	Raw	40-60g (10-15 fruits)
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g ($\frac{1}{2}$ -1 tablespoon)
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (2-3 tablespoons)

Meat, fish, egg, beans and other non-dairy sources of protein:

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Roast red meat including beef, lamb, pork, veal, venison and goat	Raw	50-80g
Roast poultry including chicken, turkey, duck and other dishes made from these products	Raw	60-85g
Red meat or poultry in dishes, e.g. casseroles and pies	Raw	50-75g

Meat-based soup	Cooked	200-250g
White fish, e.g. pollock, haddock and cod, which is cooked alone or in a dish	Raw	60-90g
Oily fish, e.g. salmon, sardines and mackerel	Raw	55-80g
Fish or shellfish, e.g. tuna, salmon, mackerel and prawns, which is served in a salad, baked potato or sandwich	Cooked	50-70g
Breaded or battered fish, e.g. fish fingers, fish cakes	Cooked	55-80g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg
Meat alternatives made from soya beans, e.g. tofu	Cooked	50-70g
Pulses, e.g. beans, chickpeas, lentils	Raw	20-25g
	Cooked	50-60g (1-2 heaped tablespoons)
Vegetarian sausages, burgers and nut cutlets	Raw/cooked	50-70g
Sausages made from beef, lamb or pork	Raw	50-75g (1 sausage)
Burgers	Raw	55-80g
Scotch pies, bridies, sausage rolls, etc.	Cooked	80g
Breaded or battered shaped chicken and turkey products, e.g. nuggets	Cooked	50-70g

Milk and dairy:

Food type	Primary-aged pupils (aged 4-10)
Lower-fat drinking milk	150-200mls
Milk puddings and whips made with milk	100-120g
Custard made with milk	80-100g
Yoghurts	80-120g
Cheese	20-30g

Foods high in fat, sugar and salt:

Food type	Primary-aged pupils (aged 4-10)
Fruit pies, sponge puddings or crumbles	80-100g
Fruit jelly (portion size excludes fruit)	80-100g
Cakes, tray bakes, muffins, scones, doughnuts	40-50g
Biscuits and flapjack	25-30g
Ice cream	60-80g
Pizza base	50-70g

Gravy	20-30g (1 tablespoon)
Savoury crackers, bread sticks	10-15g (1-2 crackers)
Condiments	No more than 10g

Healthier drinks:

Drink type	Primary-aged pupils (aged 4-10)
Fruit or vegetable juice	150mls
Drinking milk	150-200mls
Combination drinks, e.g. fruit juice,	330mls

Cereals offered as part of breakfast clubs will be high in fibre with low to medium sugar and low salt.

Exemptions to the school food regulations

The school food standards do not apply to food provided:

At parties or celebrations marking religious or cultural occasions.

At fundraising events.

As rewards for achievements, good behaviour or effort.

For using in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch.

On an occasional basis by parents or pupils.

The school food standards do not apply to confectionary, snacks, cakes or biscuits served as part of an evening meal before 6pm as part of wrap around provision.

Healthy eating statement

The school will use healthier cooking methods to contribute to healthy eating, such as the following:

Using less fat in cooking

Baking foods rather than frying them

Increasing use of fats/oils that are high in polyunsaturated fats

Reducing use of sugar in recipes

Avoiding using additional salt in cooking processes

Increasing the use of food items containing high amounts of fibre

All menus created will be in accordance with the nutritional standards outlined in [section 3](#) of this policy.

The school will encourage pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, during assemblies, PE lessons and PSHE. A healthy eating strategy will be adopted and its principles embedded throughout the curriculum.

Catering service standards

Menus will be clearly displayed and will contain nutritional information. Additionally, menus will adhere to statutory nutritional standards and will reflect parents' and pupils' preferences, cultural, religious and special dietary needs. Parents' and pupils' feedback will be encouraged and, where possible, changes made to increase their satisfaction.

The cleanliness of the kitchen and serving areas will be kept to the highest standards. Food preparation and serving areas will be cleaned before, during and after preparation and cooking, in accordance with The Food Safety (General Food Hygiene) Regulations 1995 (as amended).

Kitchen staff will:

Be suitably trained and will have an appropriate recognised qualification in food hygiene.

Be clean and tidy in appearance and will be courteous to all pupils, staff and parents.

Adhere to the service times, start and finish, agreed by the headteacher.

Purchasing food

All food items are purchased from reputable suppliers to ensure compliance with government buying standards. For school lunches this will be organised by RMBC. For food bought into school for Wrap Around Care or any other food in school requirements this will be done based on safety and best value for money.

All food products and ingredients are checked for acceptability, i.e. nutritional specifications, genetically modified organism requirements and allergen ingredients.

All pre-packaged foods supplied will clearly display the following information on the packaging:

Name of the food

Full ingredients list, with allergenic ingredients emphasised, e.g. in bold, italics or a different colour.

All products identified as acceptable for inclusion in our range are compared for ingredient and nutritional value against set specification criteria before being incorporated into the menus.

Menus will, as much as reasonably practicable, reflect the natural growing or production period for the UK to assist pupils in learning about food production and seasons.

Any fish products served will be sustainably sourced to promote the importance of sustainable fishing.

The school continues to place emphasis on consumer response to new products; throughout this process, the school will liaise and consult with the school community, including parents, to ensure acceptable quality.

Food and drink safety

Food will only be consumed in the hall on the playground and in classrooms with teachers' permission. Pupils will be instructed not to run when they are eating.

Drinking water will be available and pupils will be permitted to refill water bottles throughout the day. School will always encourage children to drink plenty and remain hydrated. Further information is available in the Water in School Policy

Staff will eat all hot food away from pupils.

If members of staff are drinking hot drinks, they will keep them out of pupils' reach. Hot drinks will be kept in insulated and anti-spill flasks with lids, e.g. travel mugs. Staff are permitted to have hot drinks in the classroom; however, they will ensure they are stored safely and keep them at the back of a desk to minimise the risk of spillage.

Electrical equipment, such as kettles, toasters, will be turned off when they are not in use. They will not be kept in classrooms, except in food technology lessons. If pupils are in a food technology lesson (or similar), they will be supervised by a member of staff and the staff member will demonstrate how to use the equipment. Appropriate PPE will be available for pupils who are handling hot food, drinks or equipment, e.g. oven gloves.

Pupils will not have access to the kitchen without supervision from a member of staff. When eating hot food, pupils will be instructed to use cutlery where possible and to ensure their food is cool enough before eating it.

A first aid kit will be located in each classroom

Specialised and Specific Diets

Ryecroft recognised the importance of work with parents/carers, pupils, staff and caterers to design menus to meet the religious, ethnic and vegetarian needs of pupils and staff.

Where a medical condition or allergy determines that a child eats a specialised diet (e.g. allergies, diabetes, coeliac disease, cystic fibrosis) the catering service will, where possible, try to accommodate the varying needs. The school will meet with the family and catering service to try to accommodate children whose medical or allergy needs require an individualised menu and or risk assessment. School will always work alongside our families to ensure children are safe and well fed.

School will support reasonable adjustments for children with SEND but are not able to provide individualised menus based on preference.

Lunchtime Food Service

Ryecroft aims to ensure that during out lunch time food service:

- Kitchen staff and lunchtime staff will encourage pupils to choose healthy balances of food.
- We will look for ways to enhance the environment for school meals by improving furniture, fittings and equipment in the dining area so that there is a pleasant environment for pupils to eat their lunch.
- Provide service and supervision of pupils at lunchtime, with a sensitive manner and awareness of children's specific and individual needs
- Encourage pupils to build social skills and appropriate behaviour when eating food, including good manners and use of cutlery.

Healthy Lunch Boxes Expectations

In order to ensure that all children remaining on the premises at lunchtime have a healthy, balanced meal, it is important to work with parents to improve the quality of food provided in lunch boxes brought from home. As these meals are eaten on school premises it is important that the content of lunch boxes is in line with our school's policy on food provision.

Families are encouraged to provide a balanced lunch for children within their lunch boxes and always adhere to our 'Nut Free' procedures in their contents.

We will ensure that:

Lunch boxes are stored safely and hygienically.

Parents/carers and children are supported to raise awareness about eating a healthy packed lunch.

Lunchtime arrangements for children eating a packed lunch are given the same consideration as children eating a school lunch.

Fruit in School

Fresh fruit and vegetables are supplied daily to school as part of the national initiative. The quality of products supplied is checked regularly and appropriate action is taken if it is judged to be sub-standard or inappropriate for our children. Staff are also encouraged to lead by example.

Children are welcome to bring their own fruit within the provision of this meeting any allergy risks in the school.

Staff are responsible for checking the quality of fruit and vegetables offered to children.

All parents/carers are asked to provide information stating any possible allergic reactions to fruit or vegetables. Children who have allergic reactions are identified on the school staffroom noticeboard, class SEND records and are made known to lunch time staff.

Any allergies are managed within with the protocol outlined in the school policy

Food Within the Curriculum

Ryecroft aims to provide pupils with an age appropriate awareness of the basic principles of a healthy diet, enable children to develop an interest in healthy eating and to empower pupils to make healthy eating choices.

The basic messages about healthy eating and oral health will be taught in the curriculum, particularly through Science, PSHE (Relationships and Health Education curriculum) and Design and Technology. The content will be at a level relevant to the age and ability of our pupils. The school will ensure that the taught curriculum and food/drink provision throughout the day present a consistent message.

Training updates on oral health and healthy eating messages will be sought for teaching staff to ensure they are confident to deliver accurate and relevant information. There will be opportunities for pupils to learn about food handling, food preparation and food safety in the curriculum

Food Special Considerations

Ryecroft is clear that there are always special considerations which may involve food with school and their expectations.

We promote healthy messages through our school life and the curriculum including that of balance and there may be occasions that children are keen to share foods with their peers i.e. birthdays, special events. School asked that families provide individual foods that can be safely distributed and always meet our 'nut free' expectations

Celebrations and Special Events in school are important to bring the school community together. From a social and cultural perspective, there will be times when it is both appropriate and acceptable for the whole school to celebrate special occasions together by sharing food and confectionery. When this is happening school will always adhere to the health and hygiene principles set out in this policy and that we meet the requirements of our 'Allergy and Anaphylaxis Policy' also.

Kitchen safety

Kitchen staff who prepare the food off site will have a list of all allergens and will avoid using them within the menu.

The 14 allergens which are required to be declared are:

- Celery.
- Cereals containing gluten, e.g. barley and oats.
- Crustaceans, e.g. prawns.
- Eggs.
- Fish.
- Lupin.
- Milk.
- Molluscs.
- Mustard.
- Peanuts.
- Sesame.
- Soybeans.
- Sulphur dioxide and sulphite (where they are at a concentration of more than ten parts per million).
- Tree nuts, e.g. almonds, hazelnuts, walnuts.

Where meals include allergens or traces of allergens, staff will use labels to denote which of the 14 allergens are or may be present. Pre-packaged food used at the school, whether made on-site or sourced from a supplier, will include a full ingredients list, with allergenic ingredients emphasised, e.g. in bold, italics or a different colour.

All kitchen staff will be suitably trained in allergy awareness and will be assessed regularly to ensure staff are competent and confident in dealing with allergens. Where staff are made aware of updates or ingredient changes by suppliers, this will be acted upon immediately.

RMBC and school will use reputable suppliers to source their produce, ensuring the quality of the food served is the same as they have promised to consumers. RMBC and school will not be misleading with the food that they serve, and the labelling will accurately represent what is being eaten.

Kitchen staff will withdraw any produce that has gone past its 'use by' date. All kitchen staff will be trained in food safety as part of their food hygiene training. Staff will be aware of all the harmful bacteria that could cause serious illness if not treated and removed properly from food sources. In events where suppliers recall produce due to reports of harmful levels of bacteria in stock, staff will remove all traces of the product from the school and ensure the headteacher is notified. Parents will be informed of the outbreak, in line with the school's Infection Control Policy.

Kitchen staff will be aware of the 'danger zone' where microbial growth is stimulated – this is between the temperatures of 8°C and 63°C; kitchen staff will cook food until its core temperature has reached 70°C and remains that temperature for two minutes to minimise the risk of harmful bacteria being present in food. Kitchen staff will have an in-depth knowledge of the risks of cross contamination. Colour-coded chopping boards and corresponding knives will be used for food preparation

Food Hygiene

The kitchen staff will keep an up-to-date food hygiene plan, in line with the [Hazard Analysis Critical Control Point \(HACCP\) principles](#).

The kitchen staff will receive food hygiene training as part of their induction, with at least one member of staff holding a formal food hygiene certificate which will be kept up to date.

All food preparation by kitchen staff (RMBC) and school staff in wraparound care or during the use of food within the curriculum will be done in line with the best practice food safety and hygiene practice and regulation.

Children will also be taught the principles of food hygiene through school curriculum.

The school recognises the importance of food hygiene and will accommodate any member of staff who wishes to complete an official food hygiene certificate as part of their CPD, where possible.

The RMBC Catering's food hygiene record for the scullery, cleaning schedule and details of all hygiene and safety checks will be retained in line with the local environmental health department's requirements.

Environmental health inspections

The lead server will be the key contact for the environmental health officer from the LA – being responsible for implementing any recommendations made to them.

RMBC will record the following information in an environmental health logbook:

Any identified hazards, e.g. a fridge running at a 6°C

How hazards were avoided, removed or reduced, e.g. turning the temperature of the fridge down

How any problems are rectified, e.g. reviewing the fridge's temperature every [15](#) minutes

How plans are checked for effectiveness

The lead server will ensure all the necessary documentation is readily available for inspection for the environmental health officer, including their food hygiene plan and food hygiene record.

The school will have their food hygiene rating sticker in a visible location within the dining area or kitchen. If the school scores less than a five on their hygiene rating sticker, they will implement any recommendations made by the environmental health officer as a matter of top priority. After each environmental health inspection, the school will display their new food hygiene rating sticker in place of the old one, irrelevant of the score.

The school will receive a letter after an inspection with 'notices' – the school will comply with the notices with immediate effect.

Monitoring and review

This policy will be reviewed biannually by the headteacher and governing board, or in light of any changes to relevant legislation. The next scheduled review date for this policy is December 2027

Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.