A proud member of

Food and Nutrition Policy

Date Written	November 2026	
Written By	Mr. N.Leese	
Date of review	November 2027	
Approved by:	(EHT)	Date:
	(Chair LSC)	Date:

The school is committed to safeguarding and promoting the wellbeing of all children and expects our staff and volunteers to share this commitment.

Whole-school Food and Drink Policy Moorcroft Wood Academy

Rationale

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other comorbidities in later life. The biggest source of sugar in children's and young people's diets is sugary drinks, followed by sugary snacks. Moorcroft Wood Academy therefore endeavours to promote healthy eating where ever possible.

Moorcroft Wood Academy has a responsibility to help pupils and staff establish and maintain a healthy lifestyle including developing and maintaining healthy eating habits. We adopt a whole-school approach ensuring our food provision offers the best high quality healthy food options and our cooking and nutrition curriculum offers pupils the opportunity to explore healthy eating.

We believe 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. 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 across our school.

Moorcroft Wood Academy aims to:

- To adopt a whole-school approach to promoting and teaching the benefits of healthy eating to staff and pupils.
- To ensure the pupils understand the link between healthy eating and the prevention of diseases caused by poor diet and lifestyle choices.
- To positively influence the health of the pupils and staff through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods.
- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and pupils and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs).
- To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.
- To encourage and teach good manners and courtesy as outlined in our behaviour policy.
- To improve the quality and breadth of the curriculum and extra-curricular offers in cooking and nutrition.

The promotion of healthy eating, cooking and nutrition is delivered via:

- Design and Technology
- Cross curricular links in our curriculum – Health Education, Science, PSHE
- Extra-curricular activities [which may be offered] during lunch and after school

Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- School Handbook / Prospectus
- Staff Handbook / Induction materials
- Governor Handbook / Induction materials
- School Website

This policy should be read in conjunction with:

- The behaviour policy
- Physical activity policy
- Safeguarding policy
- Health and Safety policy
- Equality Diversity and Inclusion policy

Food and Drink Provision Throughout the Day

School food provision

Walsall Council is Moorcroft Wood Academy's catering provider and it fully complies with the School Food Standards. These standards are mandatory for all schools.

The School Food Standards – A practical guide for schools their cooks and caterers

DfE (2019) Standards for School Food in England

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the 'EYFS Nutrition Guidance' for Early Years Settings.

Breakfast

Moorcroft Wood Academy offers a daily breakfast club to all pupils including those who are entitled to free school meals. The breakfast club runs from 7.30am. On offer is a variety of different fortified low sugar cereals including whole-wheat varieties, toast, fresh fruits, milk and water. For more information please visit our website https://www.moorcroftwood.lhmat.com/ .

Snacks

Snacks can play an important part in the diet of children and young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitle all children in EYFS and KS1 to one piece of fruit and/or vegetable per day. Children in KS2 are offered toast at snack time and often have access to fruit.

The government's guidance on the Portion size and food groups features suitable snacks, for healthy snack ideas for parents, visit Better Health - Healthier snacks. Tips for a snack for under 5-year-olds, please visit, 'EYFS Nutrition Guidance'

School lunches

The school lunches at Moorcroft Wood Academy meet the statutory school food standards. Lunch times are 12midday to 1.15pm (depending on year group) and is provided by Walsall Council Catering Service.

Our dining hall offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils, and encourages good manners at all times. Children are able to sit with their peers from their class who have a packed lunch or school dinners. Staff is also encouraged to eat with pupils in the hall to promote positive role modelling.

We use high-quality ingredients using nominated suppliers. We regularly ask for feedback from pupils and staff to ensure the food served looks appealing and meets the needs of our pupils and School Food standards.

Drinks

Children in Treetots and Nursery are provided with drinks at school and therefore do not bring a drink bottle to school. The children have access to fresh milk and water. Children will be provided with a cup in school to use. Not only does this ensure children are drinking healthy drinks, but it also allows us the opportunity to teach children to drink from a cup. Children in Reception are allowed to bring a drink bottle to school but only water is permitted. Fresh milk will be offered to Reception children if they require it. This is to ensure that we comply with the EYFS Nutrition Guidance. Should children in Reception wish to have a carton of juice with their packed lunch then this is permitted, but we encourage you to provide sugar free options.

Children in Year 1 upwards are permitted to bring a drink bottle to school. Permitted drinks include water and very weak diluted squash. All other drinks are not permitted. Even weak squash can cause significant tooth decay so water should be the preferred option.

Packed lunches

We encourage parents to provide healthy well balanced packed lunches. The midday supervisors advise pupils, for example, who bring foods high in fat, sugar and salt that they are not suitable. Parents whose children persistently bring unsuitable packed lunches are contacted or approached and reminded of the school's approach to health packed lunches. No fizzy drinks or energy drinks are allowed – these have a serious detriment to children's health and behaviour.

For more information and practical tips for children aged 5 years and above visit Healthy lunchboxes - Food A Fact Of Life or Better Health - Healthier Lunchbox Recipe for under 5 please visit, Packed lunches for 1-4 year olds and 'EYFS Nutrition Guidance'

After School Club

We operate an afterschool club which runs to 5.30pm. During this time, children are provided with healthy snacks and drinks. Snacks include crackers with cheese spread, toast, fruit and natural yoghurt. The snack choices offered have been chosen to adhere to the EYFS Food and Nutrition Guidance.

School events, trips, birthdays and special occasions

- Healthy packed lunches are provided for school trips including fresh sandwiches, fresh fruit and water. Parents who provide packed lunch for the school trip are asked to provide a healthy packed lunch.
- We understand that some children like to bring in sweets or cakes to share with their classes on their birthdays. This is acceptable, but sweets/cakes will be given to the children at home time and it will be the parent's decision to decide if the child can eat what has been offered. The eating of birthday treats and sweets in school will not be permitted.
- Regular communications with parents, pupils and staff is maintained to promote special occasions, cultural events and celebrations via; weekly letter home, e-newsletter, text message and other communications.

When parents are asked to contribute or bring food items, the school encourages the provision of healthier options.

- Moorcroft Wood Academy asks people not to bring alcohol for celebratory events such as school fairs where pupils are present.
- **We aim to be a 'Nut Free' school. Some children in our school have severe life threatening allergies to nuts, therefore we have had to make the decision to be 'nut free'. Please do not send children to school with nuts or products containing nuts. This is vital to enable us to ensure the safety of children with allergies.**

Special Dietary Requirements (e.g. vegetarian) and food safety

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to manage these. Parents of a child who has a food allergy or intolerance should make this known on the contact form that is issued at the start of each academic year. Should an allergy arise during the year, then parents must inform the school straight away. In some cases a 'health care plan' may need to be written. This would require a short meeting with a member of school staff where we will ask you about your child's allergies, any symptoms they may display and how the allergy should be treated. Information about food allergies or dietary requirements will be shared with all school staff and the catering team to make sure that everyone is aware. This is to make sure that as a school we can care for all of our pupils. We offer [vegetarian and vegan options] throughout the menu e.g. [salad bar/sandwiches/hot food]. Some meat is halal but not all so please check the weekly school menu (which can be found on the weekly newsletter) should you need to know this information.

You must make sure that school is aware if your child has any dietary requirements / allergies immediately.

Although, we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. Moorcroft Wood Academy does not permit children to bring nuts into school or products that contain nuts. We try to minimise the risk by adopting a culture of allergy awareness and education. We encourage all staff and parents to access free Food allergy and intolerance online training provided by Food Standard Agency. We use a variety of age-appropriate resources for children to be allergy aware.

Staff handling food have completed the necessary safer food handling training (food hygiene certificate).

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important life skill which can lead to improved levels of health and wellbeing. It captivates and stimulates pupils' interest and enjoyment of food as well as building self-confidence. The school 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. Also see the Public Health England, Food teaching in Primary schools a framework of knowledge and skills to deliver high quality cooking and teaching.

The following resources are used to develop, monitor and assess learning:

- **Food teaching progression chart 5-11** https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/primary/food-teaching-progression-5-11-years/
- **Core competencies for children and young people aged 5-16 years:** A framework of skills and knowledge around food diet and PA https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/secondary/core-competences-for-children-and-young-people-aged-5-16-years/

For more information on government guidelines, please refer to:

- Design & Technology - https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study
- Science – https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study
- Health Education - https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

Climate change consideration

Walsall Food Plan outlines a vision to cultivate a borough where good food is grown, accessible and promoted, ensuring all residents have fair access to healthy, affordable and tasty food choices. We are committed to reduce avoidable food waste in our school kitchen. We operate pre-ordering system where children choose their main meal in the morning. This helps the school cook to prepare the correct number of meals so there is less surplus food waste. At Moorcroft Wood Academy, we encourage our catering team to reduce use of single use plastic within the kitchen where possible.

We are committed to establishing effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school. We have a student 'Eco Team' who promote environmentally responsible and friendly practises and procedures within the school.

Our wider curriculum includes food growing projects (the school allotment) and learning about the environment, sustainability and our individual responsibility towards taking actions to tackle climate change issues collaboratively.

Monitoring and Evaluation of this policy

- This policy will be evaluated on an annual basis.