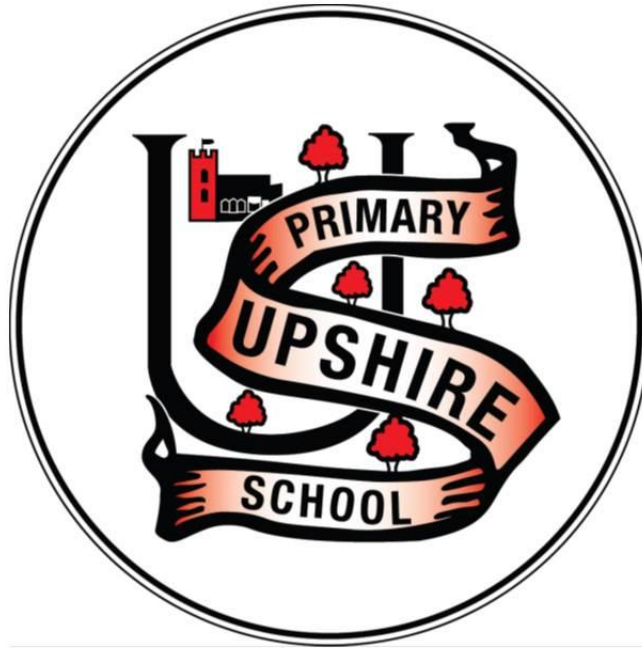




UPSHIRE PRIMARY FOUNDATION SCHOOL

FOOD FROM HOME POLICY

Mission Statement

At Upshire Primary Foundation School, we aim to provide opportunities for the children to achieve their full potential academically, creatively, socially, physically and emotionally in a happy, supportive, caring and inspiring environment.

School Vision

INSPIRE*EXCITE*ACHIEVE

Imagine an inspiring and exciting environment where learning happens because children want to achieve!

Aims

This policy is part of our whole school food policy and aims to give clear guidance to parents/carers, pupils, governors and staff on providing healthy foods and packed lunches.

We believe that healthy foods and packed lunches can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all food and packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to food and packed lunches provided by the school.

Development of the Policy

This policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day.

School meals, packed lunches and breaktime food represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches, and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch and should be consumed out of school hours. Please click on links for further information:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

[The Eatwell Guide - NHS](#)

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

This amendment to breaktime provision supports Upshire Primary's wider aims to promote healthy eating, reduce litter and improve operational efficiency. It also supports the EYFS curriculum by providing Reception children with purposeful opportunities to develop independence, fine motor skills and safe eating habits.

Food at Breaktime

At morning break, pupils may consume fresh fruit or fresh vegetables only.

From the start of the Autumn Term 2026, breaktime food brought from home should be limited to whole fresh fruit or fresh vegetables (for example: an apple, banana, a small pot of grapes, carrot sticks, cucumber sticks, cherry tomatoes). Please ensure that grapes or cherry tomatoes are halved.

Pre-packaged food (for example rice-crispy squares, popcorn, flavoured or spicy crackers and similar packaged treats) are not permitted at breaktime.

Reception, Year 1 and Year 2 pupils will continue to receive free fruit at breaktime; Reception children do not need to bring any other food. This approach supports pupils' nutrition, reduces litter, and contributes to a calm, hygienic dining and play environment.

Drinks from Home

Children should bring plain water only in their drink bottles. Flavoured drinks, juice, squash, energy drinks or other sweetened beverages are not permitted. The school provides free fresh drinking water throughout the day and pupils may refill bottles as required.

School Provision (milk and toast)

- Reception children: free fruit/vegetables at breaktime. Children under five continue to receive free milk
- Years 1 and 2: free fruit/vegetables at breaktime. Cartons of milk are available for purchase via Coolmilk.
- Years 3 to 6: cartons of milk are available for purchase via Coolmilk.

Families eligible for benefits-related Free School Meals who require support with milk provision should contact Mrs Whittaker.

Content of Packed Lunches

Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables.
- **Protein;** meat, fish, egg or other source of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus (not made with sesame oil) or dhal).
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon.
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, and potatoes.
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.
- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit:-

- Cakes and plain biscuits.
- Crisps (preferably the low fat variety).
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children).
- Confectionary such as chocolate bars and sweets.
- Chocolate spread as sandwich filling
- Peanuts and peanut products
- Cereals bars containing seeds and nuts
- Hummus that contains sesame oil

Allergy Awareness – nut-free school

Upshire Primary is a nut-free school. We ask families not to bring high-risk foods onto the premises, including: packaged nuts; cereal or granola bars containing nuts; peanut butter or spreads containing nuts; peanut-based sauces; and foods containing sesame seeds. If high-risk items are brought in, staff will contact parents/carers.

Before a child is admitted, parents/carers must provide details of any allergies, intolerances or special dietary needs. This information will be shared with all staff involved in preparing and supervising food, and kept up to date. Where appropriate we will work with health professionals to develop allergy action plans and ensure staff are aware of signs, treatments and emergency procedures.

Special Diets, Medical Needs and Reception Practice

We recognise some pupils require special diets for medical, religious or cultural reasons. Parents/carers must inform the school of any dietary requirements, allergies or intolerances prior to admission and keep this information current.

We will:

- work with families and, where appropriate, health professionals to agree safe alternatives and formal allergy action plans;
- ensure staff involved in preparing or supervising food are aware of pupils' needs and trained in any necessary procedures; and
- prepare and handle food in ways that reduce the risk of choking and cross-contamination.

¹Reception children will be supported to prepare, handle and eat fresh fruit as part of the EYFS curriculum. Staff will ensure fruit is prepared in a developmentally appropriate way and that children are supervised in line with safer-eating expectations (mealtime supervision, paediatric first-aid presence and monitoring to reduce choking risks).

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. During the summer months we recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers – no plastic bags or glass containers.

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Facilities for Packed Lunches

We will:-

- Provide appropriate facilities to store packed lunches.
- Provide free, fresh drinking water.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring and Non-compliance

To promote consistency and pupil health, staff will periodically monitor breaktime food. If a child brings food that does not meet this guidance, staff will ask the child to keep the item sealed in their bag and return it home at the end of the day.

Persistent non-compliance will be followed up by the class teacher and, where appropriate, the pastoral team. We will offer support and guidance to families where there are barriers to following the guidance.

¹ Note on safer eating and supervision: we will continue to follow the Early Years Foundation Stage safer-eating and food guidance when supervising young children at break times, including ensuring appropriate supervision, safe food preparation and paediatric first-aid cover during break periods where necessary. Parents must notify the school of any allergies or medical dietary requirements so appropriate plans can be made.

Support for Families

We appreciate this change may be an adjustment for some families. The school will:

- share low-cost, practical ideas for fresh fruit and vegetables in newsletters and on the school website; and
- offer confidential support for families concerned about affordability or access to fresh produce — please contact the school office.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Monitoring and Review

This policy is monitored by the Curriculum & Pupil Related Matters Committee and will be reviewed bi-annually, unless the Local Authority or Government introduce new regulations or procedures.

Confirmation that the Food from Home Policy in respect of Upshire Primary Foundation School has been discussed and adopted by Governors on 29th June 2026