

Whole School Food Policy

Create Learning Trust



Approved by	Date	Review Schedule	Date of Review
Business, Risk and Audit Committee	November 2025	1 year	November 2026

1. Introduction

Create Learning Trust is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living.

This policy will be reviewed annually to incorporate any new developments.

2. Policy Aims & Objectives

Our school food policy aims to:

- Ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are to:

- Provide a range of healthy food choices throughout the school day that are in line with the mandatory school food standards.
- Ensure that all schools across Create Learning Trust provide a school lunch menu that is nut free.
- Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils and visitors.
- Make the healthy choice, the easy choice.
- Ensure that our caterers uphold high standards and continue to actively consult with relevant stakeholders to improve the food provision.
- Work with our inhouse catering staff and the food suppliers (Brakes and Littlers Butchers) to make sure the pupils feel listened to and see their choices in the food on offer.

3. Food & Drink Throughout the School Day

All staff who serve food across the school day are trained in food safety and hygiene and are provided with the following training:

- Food Hygiene Level 2
- Food Allergy Awareness Training via the food standards agency.
- Natasha's law training
- Opened, date needs to be added. Day time put in fridge.

All school kitchens across Create Learning Trust have a visit from environmental health on a yearly basis and have been awarded a rating of 5 out of 5.

3.1. Breakfast Club

We offer a breakfast club which serves a range of nutritious, school food standard compliant food (including wholemeal carbohydrate, fruits & protein-based foods) to support children's health and concentration to ensure they have fuel for learning, play and social interaction.

Our Breakfast Clubs are all managed by in house staff at the following schools:

- Cuddington Primary School
- Sandiway Primary School
- Hartford Primary School

Both Sandiway and Hartford Primary have a club leader who manages both of the Breakfast and After School Clubs.

Little Leigh Primary School wrap around care provision is managed by Building Blocks who also operate a Nursery on site.

For more information on breakfast clubs' timings, menu and charging across the trust please see the links below:

Cuddington Primary School - [Cuddington Primary School: Enrichment Club](#)

Hartford Primary School - [Hartford Primary School: Breakfast and After School Club "RRAP Club"](#)

Sandiway Primary School - [Sandiway Primary School: Club Rock - Before/After School Club](#)

Little Leigh Primary School - [Little Leigh Primary School: Little Leigh Pre-School and Before and After School Clubs Services](#)

3.2. School Lunches

School Menus can be viewed using the following links:

Cuddington Primary School – [Cuddington Primary School - School Meals](#)

Hartford Primary School - [Hartford Primary School: Lunch Menus](#)

Sandiway Primary School – [Sandiway Primary School: School Meals/Free School Meals](#)

Little Leigh Primary School - [Little Leigh Primary School - School Dinners](#)

- School meals at Cuddington, Sandiway and Little Leigh are provided by school employed staff.
- Hartford Primary School meals are provided by Edsential.
- All school menus are on a two week rotation and change each term.
- The menu is monitored by the Catering Supervisor at each school.
- All schools have vegan, vegetarian and non-meat options on their lunch menu.

Desserts:

To ensure balance within our lunch offering, we offer a range of nutritious dessert options. Fresh fruit is an option every day on all school menus as well as yoghurts.

Dining environment:

All children are expected to behave sensibly and in line with the school's behaviour policy when eating in the dining hall. Staff are encouraged by the headteacher to eat their lunch with the pupils in the dining hall.

Feedback and consultation:

School Councils are involved and consulted on the menu with the Headteacher and also Catering Supervisor. Parents are provided with the opportunity to provide feedback via the school office as well as occasionally sampling some school meals via invite to eat lunch with the children on special occasions or at parents evening.

Free School Meals:

From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school meal. The government also provides funding for all children from low-income families to access a free school meal [Appendix 2].

Parents applying for free school meals can receive support with this process via the school office.

3.3. Packed Lunches

Packed lunches include those brought from home as well as those provided by the school or by parents for trips.

Lunchtime staff at all schools throughout the trust monitor packed lunches to ensure that they meet food standards and are of nutritional value.

3.4. Afterschool Club

We have an afterschool club serving nutritious, tasty, and school food standard compliant food.

Our Breakfast Clubs are all managed by in house staff at the following schools:

- Cuddington Primary School
- Sandiway Primary School
- Hartford Primary School

Both Sandiway and Hartford Primary have a club leader who manages both of the Breakfast and After School Clubs.

Little Leigh Primary School wrap around care provision is managed by Building Blocks who also operate a Nursery on site.

For more information on after school clubs' timings, menu and charging across the trust please see the links below:

Cuddington Primary School - [Cuddington Primary School - Breakfast and After School Clubs](#)

Hartford Primary School - [Hartford Primary School: Breakfast and After School Club "RRAP Club"](#)

Sandiway Primary School - [Sandiway Primary School: Club Rock - Before/After School Club](#)

Little Leigh Primary School - [Little Leigh Primary School - Little Leigh Pre-School and Before and After School Clubs Services](#)

All children are offered fresh fruit and a snack as part of after school club provision.

3.5. Food Brought In

Food brought in covers many different times within the school food environment and covers anything brought in by students, as well as provided by parents or staff. We strive to ensure that food brought into the school complies with school food standards [Appendix 1]. All children are encouraged to bring in healthy snacks for breaktime, this is monitored by school staff.

This applies to the following occasions:

- Breaktimes
- Parents evenings
- Sports days/events
- School council meetings
- Exam or test days/weeks
- End of term
- School trips
- Birthdays

We also strive to ensure that where possible, healthy food and drink options are available at the following school events and celebrations:

- Fundraising events
- Seasonal celebrations [Christmas, Easter, Eid etc.]
- Summer and winter fair
- International events/Cultural week
- Charity weeks: E.g., Macmillan coffee morning

This also applies to external visitors to the school such as provider of after school clubs or forest school club activities in the school day as part of the curriculum. All foods should be clearly labelled and discussed with the school before being provided to the children.

3.6. Water Only

All schools at Create Learning Trust are water only schools. The water only policy applies across the whole school day including breakfast and after school club and also applies to packed lunches. Children can access free water throughout the day at all schools via the following sources:

- Water fountains across the school
- Use of school cups if water bottles are forgotten
- Jugs of water available at lunchtimes
- Tubs/boxes are taken out to the school playground so that water bottles are readily available for children to use (Little Leigh Primary School).
- Juice may be served for a special occasion such as Christmas dinner

If a child requires drinking water or an alternative drink as part of a medical condition, all children's individual needs are met through personal healthcare plans.

3.7. Reward Culture

Studies have shown that rewarding with food can have a negative impact on a student's relationship with food. It can increase preferences for sweets, lead to overconsumption, teach students to eat when they are not hungry, and contribute to problematic thoughts and behaviours for those who are predisposed to disordered eating.

Taking this into consideration, our school avoids using food as a reward and asks staff to follow this policy. As alternative we use a positive praise system where students receive a visit to the school book/stationary area. This was decided after a consultation with the student council. We are currently exploring ways to reward staff, and when food is provided as a reward this is to be only consumed in the staff room areas and not in student facing environments.

3.8 Early Years Foundation Stage Guidance

The Early Years Foundation Stage (EYFS) 2025 food guidelines emphasise the importance of providing healthy, balanced, and nutritious meals, snacks, and drinks to children aged 0 to 5 years. These guidelines are part of the EYFS statutory framework and are legally binding for early years providers starting from September 2025. The guidance aims to support providers in meeting the statutory requirement and to help prevent children from becoming overweight or obese. It also focuses on developing positive eating habits early on, which can impact long-term health and oral hygiene.

Key aspects of the EYFS 2025 food guidelines include:

Nutritional Needs: All schools to ensure that children receive the right amount of nutrients and energy they need during rapid growth, especially for those without access to healthy food at home.

Positive Eating Habits: Schools throughout the trust will encourage children to develop healthy eating habits early on, as their experiences with food can shape future eating patterns.

Feeding Responsiveness: Feeding children whenever they show signs of hunger and fullness, avoiding overfeeding to prevent tummy issues.

Allergies and Intolerances: Implementing measures to recognize and manage allergies and intolerances, with regular updates to allergy action plans.

Safer Eating Regulations: Ensuring that a trained member of staff is present during meals, and that all staff have access to information about children's dietary requirements.

All schools within the trust, will ensure they comply with the steps below:

Supervision during mealtimes: a paediatric first aider must be in the room and children must be within sight and hearing.

Allergen Management: Increased emphasis on obtaining detailed information, sharing with all staff, developing action plans, ongoing discussions with parents/health professionals, and staff awareness of symptoms/treatments.

Choking Prevention: Focus on suitable food preparation for developmental needs (not just age), ongoing discussions with parents about weaning and textures, sitting children safely, and staff positioning to observe for choking (facing children).

Record Keeping & Review: Mandatory recording of choking incidents and periodic review to identify trends.

Food Hygiene & Competence: Reiteration of hygienic preparation and staff training/competence. **Ofsted**

Notification: Specific requirement to notify Ofsted/CMA of food poisoning affecting two or more children.

4. Allergies & Special Diets

When talking about allergies and special diets, we are inclusive of all allergies, intolerances, cultural and religious diets as well as medical requirements such as diabetes or blended diets.

Medical evidence provided by a hospital specialist or GP for all pupils diagnosed with allergies are managed via the school management information system and the school office will provide allergen information to the school kitchen. This will involve medical evidence from a doctor/GP. All staff receive food hygiene training and should complete training via the food standards website on allergen awareness.

Parents should arrange a meeting with the Headteacher of each school via the school office to discuss any information around allergies.

5. Food Education

Cooking and Nutrition is a compulsory subject within the Primary Design & Technology curriculum [Appendix 3]. We teach this at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance as well as practical skills such as designing, preparing, and cooking predominantly savoury food.

6. Equal Opportunities

We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education.

- We practise vigilance, noting and acting if we see signs that any student is not eating well/is not wellnourished – this is in line with the Create Learning Trust safeguarding policy.
- We ensure that the food offer is affordable and, where free offering of food is available, that this is accessed by those who need it, with no stigma attached.
- We ensure that the food offer considers the diverse ethnic, cultural and religious backgrounds of our students and the varying medical / dietary needs some children may have.
- We ensure students and staff who are fasting are supported, allowing all to flourish spiritually and academically
- We check that events involving food are not exclusive culturally or economically.
- We ensure all school staff know the signs of disordered eating and can signpost students and their families to help.

7. Staff & Visitors Expectations

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition. The majority of school staff across the trust have water bottles and act as role models for making the healthy choice.

8. Monitoring & Evaluation

At each review point, we will identify any areas of improvement to ensure that we maintain a balanced and wholesome approach to food & drink in our school. We will consider take up of school food, pupil/parent feedback and our ever-changing student population during each review.

1. Appendix

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

Appendix 2:

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Appendix 3:

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

Appendix 4:

Early Years Foundation Stage Nutrition Guidance September 2025:

[Early Years Foundation Stage nutrition - GOV.UK](https://gov.uk)

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