



THE NORTON
KNATCHBULL
SCHOOL

Things done well make the best memories

SIR NORTON KNATCHBULL – 1637

Food Policy

Policy Owner	Val Martin, CFO
Policy reviewed by	New Policy produced by the CFO Template policy from the Key
Delegated authority	Finance & General Purposes Committee
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Food Policy

1. School food statement

At NKS we believe that food is a fundamental cornerstone of health and learning, not just essential fuel for the body. This Food Policy reflects our dedication to fostering a culture where nutritious, sustainable and delicious food enhances the lives of our students, staff and the wider community and represents value for money. Through this policy, we aim to inspire healthy eating habits that last a lifetime while contributing to a healthier planet.

2. Aims

Our Food Policy aspires to:

- Encourage healthy eating habits and ensure the provision of wholesome, balanced meals for a pleasurable experience
- ensure compliance with the government's School Food Standards, emphasising quality and nutrition [School food standards practical guide - GOV.UK](#)
- promote sustainable practices by sourcing food responsibly and reducing waste (both food and packaging)
- empower students to make informed choices regarding healthy food and drink
- create an inclusive food environment that respects cultural diversity and dietary needs

3. Scope

This policy applies to all aspects of food in the school, including meals, snacks, drinks, packed lunches and food education. It encompasses all students, staff and stakeholders, as well as external providers involved in food-related activities.

4. Healthy Eating Standards

4.1 School Meal Standards

Provide freshly prepared meals that meet the School Food Standards. Our menus should feature:

- a range of fruits and vegetables every day to encourage variety
- plenty of unrefined starchy foods, the use wholegrain varieties regularly
- whole grains and lean proteins to support growth and learning
- minimal processed foods, reduced sugar, salt and fat to promote healthy eating
- minimal packaging where possible without compromising quality

4.2 Packed Lunches:

Families are partners in promoting healthy eating. We encourage balanced packed lunches containing:

- fresh produce, fruit, whole grains and proteins
- avoidance of sugary drinks and snacks and processed food items

4.3 Snacks and Drinks:

Before school, at break and lunchtime, students have access to snacks from the canteen; options include fresh fruit and savoury snacks. We focus on water from fountains and taps as being the primary drink available. Students are encouraged to carry personal water bottles and refill these.

4.4 Special Dietary Requirements:

We ensure inclusivity by accommodating all dietary needs regarding medical, cultural and religious considerations, fostering a sense of belonging for all.

4.5 Commitment to Natasha's Law:

We are fully committed to compliance with Natasha's Law, ensuring that all pre-packaged food items provided within the school are clearly labelled with full allergen information. We will work closely with our catering providers and staff to guarantee transparency and safety for all individuals with food allergies.

5. Food Education

We are committed to equipping students with the knowledge and skills to make informed and balanced food choices. Our curriculum includes:

- lessons on nutrition and the environmental impact of food choices and waste
- practical cooking lessons within Design and Technology to build confidence and culinary skills

6. Environmental Sustainability

Sustainability is at the heart of our food policy - we require our catering contractor to:

- source food locally and ethically to minimise any environmental impact and support our local community
- actively reduce food waste through careful planning and portion control
- any leftovers and other food waste must be recycled via the food bins

- promote the use of reusable or biodegradable packaging to reduce plastic waste

7. Partnerships and Community Engagement

We work collaboratively with families, local businesses and other organisations to:

- share knowledge and promote healthy and sustainable eating practices
- celebrate cultural diversity through themed meals and shared experiences
- we encourage sending any left and in-date food to local communities via charitable organisations like Olio

8. Implementation and Monitoring

8.1 Roles and Responsibilities:

- Governors and the SLT are champions for this policy, ensuring that its principles are embedded in school life
- staff act as role models, demonstrating healthy eating behaviours
- the catering team produces daily menus that align with our vision for quality, health, sustainability and value

8.2 Review and Evaluation:

We regularly review our food practices to ensure continuous improvement. Feedback from students, families and staff shapes our approach and compliance with the School Food Standards is monitored through our canteen contract.