



Blackburn with Darwen L.A.

St. Thomas's Centre

Food Policy

Review Date: September 2025

Introduction

St Thomas's Centre is dedicated to providing an environment that promotes healthy eating habits and enables pupils to make informed food and drink choices. This will be achieved by a whole school approach to food and nutrition documented in this whole school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey (NDNS) rolling programme for 2016-2017 and 2018-2019.

Food Policy Lead

This school food policy and healthy eating strategy is co-ordinated by Amanda Leaver

Aims

The main aims of our school food policy are:

1. To provide healthy food and drink choices throughout the school day, aligning with the mandatory [School Food Standards](#), and to ensure food stuffs brought into school meet the School Food Standards;
2. To enable pupils to make healthy food and drink choices through the provision of information and the development of appropriate food skills, behaviours and attitudes; and
3. To ensure a consistent and engaged approach to nutritious and sustainable food that promotes wellbeing across the school community, including pupils, staff and parents/carers considering children with complex health needs such i.e. coeliac disease or severe allergies

These aims will be addressed through the following areas:

1. Equal Opportunities:

In all aspects of food and drink provision, as in all other areas of the curriculum and the wider school environment, we recognise the value of the individual and strive to provide equal access of opportunity for all. This includes the equitable provision of school meals, helping to encourage maximum support and uptake, and supporting vulnerable families to access food out of school term time and during school holidays.

2. Curriculum

Food and nutrition is taught at an appropriate level throughout Key Stages 1 to 4 in science, PSHE and Design Technology (cooking and nutrition), Princes Trust. Ingredients required for cooking in curriculum are provided for by the school for all pupils and, where possible, recipes not requiring non-basic pieces of equipment (e.g., garlic crushers, cheese graters, etc.) are prioritised. Cultural consideration should be given to the ingredients in recipes.

Ensuring consistent messages from the Eatwell Guide (*Appendix 1*) are used throughout the school – across subjects – as a model of understanding a balanced diet. Communication is facilitated through agreed effective teaching methods (e.g. debating issues, group discussions, role-play and interactive sessions), and leading by example and appropriate staff training.

1. Food & Drink Provision Throughout The School Day

Fundamentally, the School Food Standards will be adhered to for school lunches and all other food provided at school (including breakfast clubs, mid-morning break). In addition, the following policies apply:

1. Breakfast

Breakfast is an important meal that should provide 25-30% of a child's daily energy requirement and contribute significantly to their vitamin and mineral requirements. A healthy breakfast has been found to improve a child's cognitive function, particularly memory and attention, as well as academic performance.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day 8:45 am to 9 am. The breakfast menu includes: Toast, cereal, fruit pots, fruit toast, crumpets, yoghurts, fruit juice see appendix 2.

The breakfast club operates on a free-for-all basis, financed through funds from charitable support.

2. School Lunches

School lunches are provided by St Thomas's Centre and served between 11:45 am – 12:10 pm in the dining hall. In addition to compliance with the School Food Standards.

School lunches are planned on a three-week cycle.

3. Snacks

The school understands that healthy snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fruit is available at break-times

Following the school food standards, the only snacks allowed across the whole school day are vegetables and fruit with no added salt, sugar or fat. Savoury crackers/breadsticks and desserts, including cakes and biscuits, without any confectionary (chocolate-coated) must **only** be served with lunch.

Pupils bringing snacks for consumption at break-times and/or for after school are not permitted to include: Chocolate or chocolate-coated products, crisps, desserts, including cakes and biscuits with confectionary (chocolate-coated).

4. Drinks

The school adopts a Milk or Water Only policy: [Food Active | Protected: Milk or Water Only Toolkit](#)

Fresh drinking water is available at all times and promoted as the drink of choice for keeping children well hydrated. The only other drinks permitted are: plain water (still or carbonated);

lower fat milk or lactose reduced milk; fruit or vegetable juice (max 150mls); plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey); combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey; tea, coffee, hot chocolate.

5. Rewards & Special Occasions

The school does not encourage offering sweets or other foods high in fat, sugar and/or salt, especially as a reward for good behaviour or other achievements.

The school recognises the importance of celebrating birthdays and other special occasions. However, parents/carers are welcome (and invited) to share healthier, cultural foods for birthdays and other special occasions, with chocolates, sweets and cakes discouraged.

Occasional fund-raising events may include the sale of cakes and confectionery, but the inclusion of healthier alternatives is strongly encouraged.

6. Food Waste & Sustainability

The school is committed to the prevention of avoidable food waste, regularly auditing food waste and trialling initiatives to reduce food waste, including educational methods such as cooking sessions using up leftovers.

The school is aware of the environmental impact associated with food stuffs; where possible, locally sourced, fresh and seasonal ingredients are used when preparing meals.

2. The Food Environment

The school recognises the importance of a good dining experience for pupils and staff, protected time for pupils and staff to eat, and the social skills pupils develop during this time. The school seeks to improve the dining experience for all, by maximising the space of the dining hall, making the space feel like a pleasurable dining area and encouraging healthy eating via the food served. The school promotes an inclusive environment allowing all children to sit together during breaks and has a stay-on-site rule for break and lunch time. Staff are also encouraged to eat in the dining room with pupils.

3. Special Dietary Requirements

The school does everything possible to accommodate pupils' special dietary requirements including allergies, intolerances, ethical and religious or cultural practices.

School caterers are made aware of any food allergies/intolerances and requests for special diets are submitted according to an agreed process.

4. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities

are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Monitoring & Evaluation

Stakeholders are invited to an annual review of the Whole School Food Policy and to contribute to a healthy eating approach where appropriate.

The policy will reviewed every two years

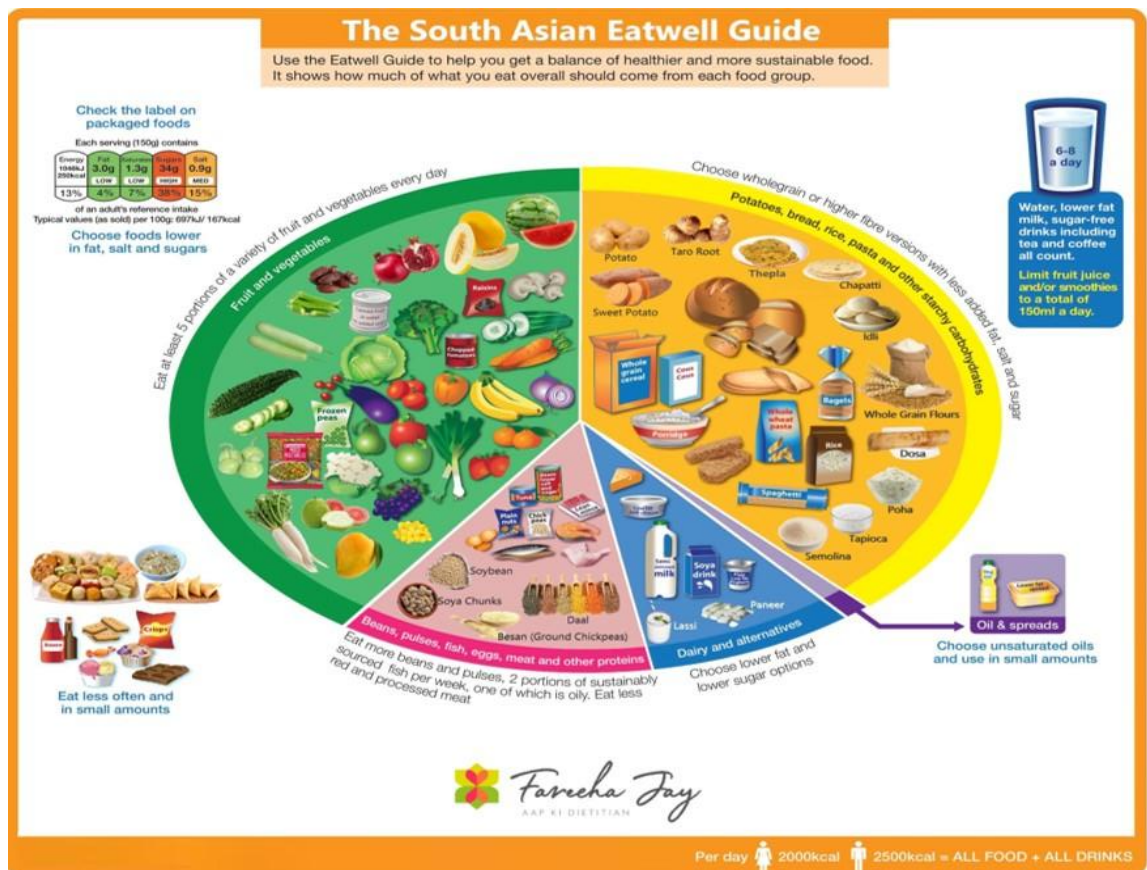
Appendix

Appendix 1



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Sugars (g)	Salt (g)
210kcal	3.0g	1.3g	34g	0.9g
LOW	LOW	LOW	HIGH	LOW
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

African & Caribbean Eatwell Guide

Use this Eatwell Guide to help you understand some cultural foods and help get a better balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson

Appendix 2



Lunch Menu Week 1



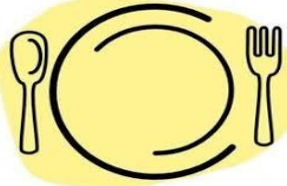
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Course		Main Course		Main Course		Main Course		Main Course	
Opt.1	Katsu Chicken Curry with Rice & Veg Spring Roll 🌱	Opt.1	Baked Potato with Cheesy Beans ✓	Opt.1	Beef Lasagne, Garlic Bread & Salad	Opt.1	Bubble Coated Chicken with Mash & Beans	Opt.1	BLT
Opt. 2	Quorn Katsu Curry with Rice & Veg Spring Roll ✓	Opt. 2	Baked Potato with Tuna Mayo & Salad ✓	Opt. 2	Veg Lasagne, Garlic Bread & Salad ✓	Opt. 2	Tomato & Mascarpone Pasta, Garlic Bread & Salad ✓	Opt. 2	Vegetable burger & Salad Bap ✓
Sandwiches		Sandwiches		Sandwiches		Sandwiches		Sandwiches	
Tuna Mayo Cheese ✓ Ham		Tuna Mayo & Sweetcorn Cheese ✓ Egg Mayo Ham		Tuna Mayo Cheese ✓ Roast Turkey Ham		Tuna Mayo Cheese ✓ Egg Mayo Ham		Tuna Mayo Cheese ✓ Roast Turkey Ham	
Served with/without salad		Served with/without salad		Served with/without salad		Served with/without salad		Served with/without salad	
Dessert		Dessert		Dessert		Dessert		Dessert	
Water / Milkshake		Water / Milk		Water / Milkshake		Water / Milk		Water / Milk	
Fruit Juice		Fruit Juice		Fruit Juice		Fruit Juice		Fruit Juice	
Yoghurt/ Syrup Sponge & Custard		Melting Moments/Yoghurt		Melon Boats/Yoghurt		Peach Melba/Yoghurt		Chocolate Muffin	



Lunch Menu Week 2



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Course		Main Course		Main Course		Main Course		Main Course	
Opt.1	Cheese & Onion Swirl, New Potatoes & Beans	Opt.1	Cajun Chicken Wraps with Salad, Mayo & Nando's Rice	Opt.1	Chicken Curry, Rice & Naan	Opt.1	Battered Fish with Mushy Peas & Chips	Opt.1	Tower Tennessee Beef Burger (with hash brown, cheese & onion ring)
		Opt. 2	Cajun Quorn Wraps with Salad, Mayo & Nando's Rice	Opt.2	Quorn Curry, Rice & Naan	Opt. 2	Quorn Enchiladas & Salad	Opt. 2	Veggie Tower Burger (with hash brown, cheese & onion ring)
Sandwiches		Sandwiches		Sandwiches		Sandwiches		Sandwiches	
Tuna Mayo Cheese Ham		Tuna Mayo & Sweetcorn Cheese Egg Mayo Ham		Tuna Mayo Cheese Roast Turkey Ham		Tuna Mayo Cheese Egg Mayo Ham		Tuna Mayo Cheese Roast Turkey Ham	
Served with/without salad		Served with/without salad		Served with/without salad		Served with/without salad		Served with/without salad	
Dessert		Dessert		Dessert		Dessert		Dessert	
Water / Milkshake		Water / Milk		Water / Milkshake		Water / Milk		Water / Milk	
Fruit Juice		Fruit Juice		Fruit Juice		Fruit Juice		Fruit Juice	
Arctic Roll & Peaches/Yoghurt		Shortbread Biscuit / Yoghurt		Yoghurt/Fruit Salad		Orange Jelly and Peaches/Yoghurt		Jam Slices	



Lunch Menu Week 3



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Course		Main Course		Main Course		Main Course		Main Course	
Opt.1	Pasta Bolognese, Garlic Bread & Salad	Opt.1	BBQ Chicken Flatbread with Potato Wedges & Sweetcorn 🍌	Opt.1	Meat & Potato Pie with Mushy Peas	Opt.1	Roast Chicken in Gravy with Mixed Veg, Mash & Yorkshire Pudding 🍌	Opt.1	Cheese & Ham Pizza
Opt.2	Vegetarian Chow Mein with Spring Rolls 🍌	Opt.2	BBQ Quorn Flatbread with, Sweetcorn & Potato Wedges 🍌	Opt.2	Bubble Coated Salmon with Mashed Potato & Beans	Opt.2	Quorn Roast in Gravy with Mixed Veg, Mash & Yorkshire Pudding 🍌	Opt.2	Cheese & Tomato Pizza 🍌
Sandwiches		Sandwiches		Sandwiches		Sandwiches		Sandwiches	
Tuna Mayo Cheese 🍌 Ham		Tuna Mayo & Sweetcorn Cheese 🍌 Ham Egg Mayo		Tuna Mayo Cheese 🍌 Roast Turkey Ham		Tuna Mayo Cheese 🍌 Ham Egg Mayo		Tuna Mayo Cheese 🍌 Roast Turkey Ham	
Served with/without salad		Served with/without salad		Served with/without salad		Served with/without salad		Served with/without salad	
Dessert		Dessert		Dessert		Dessert		Dessert	
Water/ Milkshake		Water/ Milk		Water/ Milkshake		Water/Milkshake		Water/ Milk	
Fruit Juice		Fruit Juice		Fruit Juice		Fruit Juice		Fruit Juice	
Yoghurts/ Ice Lolly		Scone with Jam & Cream/Yoghurt		Oat Biscuits/ Yoghurt		Chocolate Brownie/ Yoghurt		Toffee Muffin	

Appendix 3

Food insecurity

Full time meals: low cost/easy to prepare recipes: [Full time meals \(endchildfoodpoverty.org\)](https://www.endchildfoodpoverty.org/)

Healthy food parcel guidance: [HAF Food Parcel Guidance FoodActive FINAL Nov22.docx - Google Docs](#)

Jamie's £1 Wonders series: [Jamie's £1 Wonders & more budget-friendly cooking tips | Jamie Oliver](#)

BCC Budget dinner recipes: [Budget dinner recipes - BBC Food](#)

Appendix 4

Recipe 4 Health Scheme

Blackburn with Darwen's [Recipe 4 Health scheme](#) is a healthier catering award available to all food businesses in the borough, including primary and secondary schools. This forms an important part of the healthy weight strategy for the Borough. Our aim is to work with out of home food establishments who provide healthier choices and those who want to make small changes which may have a big impact on customers health. The scheme also offers schools the opportunity to make changes to their practice which may potentially save them money and provide a positive marketing opportunity.

Recipe 4 Health has 3 levels of awards, bronze, silver and gold and at each level, businesses have to show that they are compliant with food safety, food standards, licensing and age restricted sales legislation and have an awareness of healthy eating, environmental issues, allergens and alcohol issues. Schools with a food hygiene rating of 3 or above are able to be considered for the award. Your schools food hygiene rating can be viewed on the web site www.food.gov.uk/ratings. If you want more information about the Recipe 4 Health awards or you want to take part in the scheme, please contact Emma Kerr on 01254 267688.

Appendix 5

Food for Life - Soil Association: [Schools Award - Food for Life](#)

