

Healthy snack policy



Reviewed September 2025



Introduction

It is the responsibility of pupils, staff, governors and parents to create a positive environment within the school where pupils learn and adopt the benefits of healthy eating which supports a healthy lifestyle. This policy aims to give information and advice on how to ensure a positive approach to eating for health is introduced, encouraged and embedded.

Useful information about children's guideline daily allowances:

GDA Guidelines Daily Amounts

Adult

Calories	2000Kcal
Total Sugar	90g
Fat	70g
Saturates	20g
Salt	6g
Fibre	24g

Child Age 5-10

Calories	1800Kcal
Total Sugar	85g
Fat	70g
Saturates	20g
Salt	4g
Fibre	15g

Aims and Expectations

- To ensure that positive attitudes to healthy eating and overall wellbeing are promoted and developed throughout the school and in the wider community.
- To align school practice with the government's updated guidance from September 2025 regarding nutrition, especially for early years settings.

Key Government Guidance Links

- From September 2025, the EYFS statutory framework includes a welfare requirement that meals, snacks and drinks provided must be healthy, balanced and nutritious, and early years providers should have regard to the new nutrition guidance. [GOV.UK+1](#)
- School food served in primary and secondary schools must meet the School Food Standards, ensuring all meals are nutritious and of good quality. [GOV.UK+1](#)

Implementation

1. Curriculum & Awareness

- The curriculum will actively promote healthy eating, good nutrition, hygiene, and lifestyle.
- Parents, staff, and governors will work together to raise pupils' awareness of healthy living: eating a variety of nutritious foods, portion control, regular exercise, adequate sleep, personal hygiene, and dental care.

2. Nutrition for Early Years (EYFS)

- In line with EYFS 2025, for children aged 0-5, any meals, snacks and drinks provided will meet the definition of healthy, balanced and nutritious. [GOV.UK+1](#)
- Providers will ensure appropriate portion sizes, menu planning with variety, consideration of special dietary needs, allergies and cultural or religious diets. [GOV.UK+2Help for Early Years Providers+2](#)

3. School Snacks & Snacks from Home

- For all pupils in EYFS and Key Stage 1, healthy snacks (Fruit) will be provided during morning snack times.
- Acceptable snacks include fruit, vegetables, low-fat yoghurts, and dried fruit (in small quantities due to natural sugar). Drinks should be water; milk or plain, unsweetened milk alternatives where appropriate.
- Drinks with added sugar, sugary squash, sweetened fruit drinks, etc., should be avoided.
- When pupils bring snacks/drinks from home, they are encouraged to follow the school's healthy snack list. Crisps, sweets and unhealthy snacks should be discouraged and therefore not accepted at OLSP.

Special Dietary Needs

- We recognise that some children with identified special educational needs, medical conditions or allergies may have specific dietary requirements. In these cases, the school will work in close partnership with parents, carers and health professionals to ensure that individual needs are met. This may mean that reasonable adjustments are made to the snack policy for those children. Any agreed adaptations will be documented in the child's individual care plan and communicated to relevant staff.

4. Portion Control & Treats / Celebrations

- Portion sizes should be appropriate. If high-fat or high sugar food must be brought (e.g., for a celebration), portions should be modest (cut into smaller pieces).

- Treats for birthdays or similar should preferably be sealed, and only eaten with permission, maybe taken home, or in controlled small portions. Preference is given to sharing healthier celebratory items.

5. Lunch Boxes

- Guidance for parents on healthy lunch box choices includes: wholemeal or brown bread, savoury fillings, fruit or vegetables, yogurt or puree, water or healthy drink, small treat rather than multiple unhealthy items.
- Encourage balance in each lunch box to support children's nutrition and learning.

6. Food Safety, Allergies, Hygienic Eating

- For early years settings, "Safer Eating" regulations apply: staff must be trained, supervise closely children eating, ensure food is prepared to avoid choking, ensure hygiene and allergy information is gathered and individual plans in place. [Safer Food Group+1](#)
- All staff must have access to information about children's allergies/intolerances/other health/ dietary requirements.

Monitoring & Review

- The school will regularly review menus, snacks and food provided and ensure compliance with the government's nutrition guidance and School Food Standards.
- Feedback will be gathered from pupils and staff about food provision and snack policies.
- Policy will be reviewed annually (or sooner if government guidance changes) to ensure it remains in line with current regulations and best practice.

