



Belmont Community Primary School

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In July, the Lincolnshire County Council Food Education Team visited Belmont to review the food we offer children throughout the school day – at breakfast club, snack bar, lunchtime, and after-school club – and to check our compliance with the **School Food Standards** (School food standards: resources for schools - GOV.UK).

I am very pleased to share that the feedback we received was **very positive**. However, there are a few small changes we are making to ensure we remain fully compliant with the standards:

- **Breakfast Club and After School Club** – Some sugary food items have been replaced with healthier alternatives (for example, fruit yoghurts have been swapped for natural yoghurt).
- **Snack Bar** – This will reopen soon with new choices. The School Food Standards are clear that only **fruit, vegetables, or seeds** may be eaten between meals, so these will be the only options available. Please note that, as fruit is more expensive than cereal bars, we may need to increase the cost of the snack bar. We will inform you in advance if prices change.
- **Snacks from home** – If you send your child to school with a snack, please ensure it follows the same guidance (**fruit, vegetables, or seeds only**). Please remember that **nuts are not permitted** on school premises under any circumstances, due to allergies.

We would always recommend that children have a **hot school meal at lunchtime**. The Food Education Team praised our hot meals for their balance of food groups and nutrition – and we know they taste great too! Don't forget that all children in **Reception and Key Stage 1** are entitled to a free school meal, making them a money-saving choice as well as a healthy one.

If your child brings a packed lunch, we ask that you make **healthy choices**. Packed lunch guidance can be found on the attachment. Please remember:

- Drinks other than water or sugar-free squash are not permitted.
- Sweets and chocolate are not allowed in lunchboxes.
- We strongly recommend avoiding crisps and other ultra-processed foods such as sausage rolls and packaged cakes.

Thank you for your continued support in helping us on our journey to becoming a healthier school.

Yours sincerely,

Jamie Allsopp
Headteacher