



Food and Nutrition Policy

Signed by:	
Head Teacher	Mrs Sarah Bitcon
Chair of Governors	Approval delegated to Head Teacher
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1. Aims

This policy aims to ensure that:

- Our school provides an environment that encourages healthy food and eating, and helps our pupils make healthy food choices.
- Food allergies and dietary needs are managed effectively.
- Younger children are kept healthy and safe by meeting the Early Years Foundation Stage (EYFS) statutory framework standards around food and nutrition.
- Food safety and hygiene practices are followed, including proper food preparation to prevent choking.
- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy, nutritious and safe food and drink.

2. Legislation and guidance

This policy is based on the following legislation:

- [Early years foundation stage \(EYFS\) statutory framework](#)
- [The Requirements for School Food Regulations 2014](#)
- [Food Information \(Amendment\) \(England\) Regulations 2019](#)

It is also based on the following Department for Education (DfE) guidance:

- [Early years foundation stage \(EYFS\) nutrition guidance](#)
- [School Food Standards practical guidance](#)
- [Allergy guidance for schools](#)

3. Responsibilities of the school

The governing board and headteacher will make sure that this food and nutrition policy is properly implemented, and that food preparation, provision and nutrition procedures are followed in accordance with this policy.

All staff are responsible for following the policy and ensuring the health and safety of the children.

The **Governing Body** is responsible for:

- Ensuring the agreed food provision adheres to the food standards.
- Monitoring the school policy to ensure it is upheld.

The **Head Teacher** is responsible for:

- The provision of food for the school – ensuring pupils entitled to FSM and pupils who have requested school meals receive them.
- Arranging food hygiene training for all staff involved in food handling and preparation.
- Ensuring any external catering companies have an up-to-date food hygiene certificate.
- Creating a whole-school healthy eating strategy.
- Completing relevant risk assessments.

The **Breakfast and After School Club Staff** are responsible for:

- Checking the temperatures of food storage areas at the start and end of each day to ensure they are running at the correct temperature and documenting these in the food hygiene record.
- Rotating stock to ensure food with a shorter shelf life is used and consumed before food with a longer shelf life.
- Withdrawing stock that has gone past its use by date or is not safe to eat.
- Ensuring a cleaning schedule is maintained and reviewed on a regular basis.
- Ensuring the food served to pupils is nutritious and provides them with a healthy balanced diet in line with the school's healthy eating strategy.

The **contracted school caterer** is responsible for:

- Ensuring the quality of the food offered and compliance with current nutritional standards guidance as part of our contract with the caterer.
- Ensuring their working area is cleaned to the highest standards.

All Staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children and that we model healthy eating in front of the children. It is essential that staff are committed to setting an example with food in school.

4. Responsibilities of parents/carers

We work in partnership with parents/carers to make sure all children receive appropriate and nutritious food while at school. We ask all parents/carers to:

- Inform the school of any allergies, medical dietary needs, food intolerances and religious or cultural dietary requirements.
- Encourage their child to try a variety of foods and eat a balanced diet at home and in school.
- Give their child a health breakfast before arriving at school, unless they are attending breakfast club.
- Read, and respond to food-related communication where applicable, including school menus.
- Keep the school informed of any changes to their child's dietary needs, progress with eating, and/or any other concerns or information around their eating.

5. Communicating with parents/carers

We tell parents/carers promptly if our staff notice any issues with their child's food consumption or habits at school, such as:

- Significant changes in eating habits, such as consistently eating very little food or showing a sudden aversion to certain foods or food groups.
- Specific food-related problems, such as having trouble chewing or swallowing.
- Concern about wellbeing, such as a child's eating habits appearing to affect their mood, energy level or general wellbeing.

We work together with parents/carers to address any problems promptly.

6. Providing food and drink at school

We follow the [School Food Standards](#), except in relation to food provided in the following circumstances, to which the standards don't apply:

- At parties or celebrations to mark religious or cultural occasions.
- At fundraising events.
- As rewards for achievement, good behaviour or effort.

We provide healthy, balanced, varied and nutritious meals, snacks and drinks at timetabled mealtimes at the following times, eg breakfast club, snack time, lunchtime and after school club

We support all our pupils to develop positive eating habits, helping them to get the right amount of nutrients and energy they need for growth and development.

Our menus are:

- Planned for 8 weeks at a time to make sure all meals, snacks and drinks are balanced, varied and nutritious, and include different foods, tastes and textures, including global cuisines.
- Planned to include substitutions and replacement ingredients for pupils with special dietary requirements.
- Shared with parents when updated to provide allergen information.

Snack

Snack time in Early Years provides a range of different fruit and vegetables for the children. Fruit and vegetables are cut up into smaller pieces for safety and to encourage the less enthusiastic children.

All Foundation Stage and KS1 children can have piece of free fruit or mini vegetable through the 'free fruit' campaign.

At breaktime all children are permitted to bring in **fruit** or **vegetables** as a snack from Monday to Thursday. All children in KS2 can choose a piece of free fruit provided by school. On Friday children can bring in a snack of their choice but are encouraged to make a healthy choice.

School Lunches and Packed Lunches

The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan's "School Food Standards": A practical guide for schools, their cooks and caterers.

Our lunchtime school meals are currently provided by The Deli, Pershore. They provide a meat and vegetarian option, as well as a cold packed lunch option, all of which pay regard to nutritional balance and healthy options. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children.

Many children bring a packed lunch to school. Parents and carers are asked to provide a healthy packed lunch; we do not allow fizzy drinks, sweets or chocolate bars (although we do allow chocolate covered biscuits at present).

Water for All

Cooled water is freely available throughout the school day to all members of the school community. Every child is asked to bring in a named water bottle to use during the school day; children may drink their water at any time except during the 15-minute assembly and whilst using IT equipment. Regular water and "brain" breaks are built into the school day by class teachers. Foundation Stage and KS1 children are also reminded to drink water at their snack time.

Milk

Parents can order milk for their child/ren on a half-term basis. Children under the age of 5 and those entitled to Free School Meals are not required to pay for this.

Breakfast and After School Club

Meals and snacks offered as part of our Breakfast and After School Clubs abide by the guidelines set out by the Children's Food Trust (www.childrensfoodtrust.org.uk). Our selection of food aims to offer a healthy balance.

7. Eating Environment

The school will provide a clean, sociable environment for pupils to eat their lunch. Lunchtime Supervisors are committed to the following:

- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult, eg carrying plates, opening tubs or packets.
- Encouraging all children to eat the food they have been provided with and experience new foods.
- Equal treatment of children having school dinners or packed lunches, in terms of provision and supervision.
- Provision of clean water and cups.

8. Food safety and hygiene

Staff with responsibility for food preparation and handling are competent and receive food hygiene training.

All staff wash their hands regularly, particularly after helping unwell children or handling their belongings.

9. Safer eating

While eating, pupils are always supervised and within sight and sound of a staff member.

Food is prepared in a suitable way for each child's developmental needs, avoiding round shapes and cutting food appropriately (e.g. cutting carrots into narrow batons).

10. Managing allergies and food intolerances

We take allergy and food intolerance management seriously and follow strict procedures to ensure that all children can eat safely. Please refer to the Allergy Safety Policy for more information.

11. Special Dietary Requirements

Medical

We recognize that some pupils may require special diets that do not allow our food policy to be exactly met. In this case, parents/carers must make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. This will document allergies, symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any food requirements. For medically required special diets not covered in this policy, we need written confirmation from a health professional to ensure we meet the child's specific nutritional needs.

Provision for cultural and dietary preferences

We understand that food preferences can be linked to cultural backgrounds, religious beliefs, or personal choices, such as vegetarianism. An inclusive eating environment that caters to the cultural and dietary needs of all children is created by:

- Communicating openly with parents/carers to understand specific food preferences or needs.
- Being sensitive to certain customs, and how these affect meal and snack times.
- Always having a vegetarian option available.

12. Birthdays and Special Occasions

For birthdays and special occasions, children can bring in a small treat to be sent home with their classmates so that parents/carers can make the decision as to when and whether they can be eaten.

13. Celebration Praise and Rewards

School recognizes that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Any food given to children as praise for achievement should form part of a balanced, healthy diet although we acknowledge that at times "treat" foods are appropriate.

14. Monitoring and Review

This policy will be reviewed by the Head Teacher every 2 years or when considering any changes to relevant legislation. At every review, the policy will be shared with the governing body.

15. Links to other Policies

- Allergy Safety Policy
- Breakfast and After School Club Policy
- Curriculum Policy