Food and Nutrition Policy

Last Reviewed: September 2026

Next review: September 2027

Approved by:	The Local Advisory Board	**Date:**	September 2026

"All things are possible with God."

Mark 10:27

Mission Statement:

All things are possible with faith, understanding and forgiveness; everyone can flourish together.

At St Anne's CE Lydgate we want our children to be independent and resilient but to know that, when things seem overwhelming, there is always a guiding hand available from everyone in our school community. "When you saw only one set of footprints, it was then that I carried you" (Footprints in the Sand)

Moral of this story: *You're never ever alone, especially during your most trying times. God is always with you. Even if you can't be your own best friend yet, make sure to acknowledge the fact that God is your best friend always!*

Vision:

We aim to create successful citizens of the future who have a growth mind set and are resilient and prepared for their journey through the ever-changing world in which we live.

We aim to do this by:

- Teaching the importance of being compassionate and respectful to others and role modelling the Christian Values, whilst at the same time respecting and recognising the value and importance of other faiths and lifestyles.
- Providing a rich and creative curriculum that inspires a passion for learning and promotes excellence.
- Collaborating and supporting others to achieve their very best; encompassing our school, our homes, our parish, and the wider community.
- Providing a nurturing and safe environment where children can be healthy and happy both physically and emotionally.
- Facilitating investigative learning opportunities through the development of the effective characteristics of learning.
- Promoting philosophical enquiry to stretch and develop analytical thinking and questioning; creating independent and creative thinkers who are resilient and prepared for all life has to offer.

Values:

Community Faith Forgiveness Respect Perseverance

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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 role 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.

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

• Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.

• The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.

• The lead governor on health and safety ensures the policy is implemented.

• Caterers (Miquil) and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

• Parents receive the catering menu for the term, and this is shared with the children in advance.

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. Include when they should do this.
- Encourage their child to try a variety of foods and eat a balanced diet at home and in school.
- Give their child a healthy breakfast before arriving at school, unless they are attending breakfast club.
- Read and respond to food-related communication, 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 about their eating

- Take note of the school's scheduled mealtimes (see section 7) and understand that food will only be provided to pupils who are present at these times

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.

- Concerns 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. Sourcing food and ingredients

We work with Miquil to provide healthy and nutritious meals.

We collaborate with our catering partner by:

- Holding regular meetings with Miquil to review menus, discuss feedback, and plan future requirements.

- Carrying out regular checks to make sure the food provided is of a high standard, meets all relevant nutritional guidance, and is prepared safely and hygienically

- The contract with our catering provider is reviewed and re-tendered every year to make sure we receive the best possible service and value for money.

- In buying food and ingredients, our catering company follows the government's guidance on sustainable procurement. Where possible, our catering company buys seasonal and local food, and fish from verifiably sustainable sources (such as products certified by the Marine Stewardship Council (MSC)).

7. 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.
- When teaching food preparation and cookery skills.
- On an occasional basis by parents/carers or pupils.

We provide healthy, balanced, varied and nutritious meals, snacks and drinks at timetabled mealtimes at the following times:

07:15-08:30 – Breakfast Club

11:45-13:00 – Lunch

15:30-17:45 - Aftercare

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 3 weeks at a time to make sure all meals 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.
- Adapted to include the same meal for children of various ages (e.g. pureeing or mashing the food for younger children).
- Reviewed **at least** twice a year, to include seasonal produce.

Shared on the school website with parents/carers to:

- Provide allergen information.
- Help them balance food at home by providing varied meals.
- Reassure them that their child is getting an appropriate, varied, nutritious and balanced diet at school.
- Seek their feedback, particularly regarding cultural preferences.

7.1 For all pupils

All meals, snacks and drinks provided are healthy, balanced and nutritious.

Our staff:

Make water available and accessible throughout the day and provide fresh water at mealtimes.

Encourage pupils to eat balanced meals containing a wide variety of food from the 4 main food groups:

- Fruit and vegetables
- Starchy carbohydrates, such as bread, rice and pasta
- Dairy or dairy alternatives
- Protein, such as meat, fish and beans

We have a designated eating space with suitable chairs where:

- The children eat together in a social setting to encourage adventurous food choices.
- Distractions are minimised, allowing children to focus on their food and social interactions.
- Children with special dietary and additional needs are included whenever possible.

7.2 For children aged 1 to 5 years

We provide a healthy, balanced diet, based on the 4 main food groups:

- Fruit and vegetables
- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Dairy or dairy alternatives
- Beans, pulses, fish, eggs, meat and other protein sources

We avoid foods that contain artificial sweeteners or that are high in fat, saturated fat, salt and sugars. We use traffic light food labels as a guide, where possible, choosing foods mostly with green labels, which indicates a healthier choice.

We serve appropriately sized portions, never force children to finish their meals, and do not use food as a reward.

We make sure that:

- Each main meal and some snacks include 1 portion of vegetables and/or fruit.
- Each main meal and at least 1 daily snack includes 1 portion of starchy food, which is frequently wholegrain.
- We provide milk (as required in KS1) or unsweetened dairy foods each day.
- We provide protein at lunch each day, including plant-based proteins (e.g. beans and pulses).
- We offer oily fish at least once every 3 weeks, and no more than twice a week.
- We limit processed meat/fish products and meat alternatives to once a week.

8. Food safety and hygiene

Our staff/staff at our catering company use our food preparation area to prepare meals, snacks and drinks.

Our staff use colour-coded equipment and utensils, and [insert what you specifically (e.g. using separate preparation areas for meat)].

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.

8.1 Procedures for managing food poisoning

If any child shows symptoms of food poisoning, we will:

- Contact parents/carers immediately to collect their child as soon as possible.
- Prevent the spread of infection by isolating the child in a quiet area with easy access to a sick bowl and toilet.
- Monitor the child for signs of dehydration, including a dry mouth or crying without tears.
- Encourage the child to take small, frequent sips of water.
- Parents/carers are advised not to return their children to school until they have been symptom free for at least 48 hours.
- Ofsted will be notified by the Headteacher/ SLT/ Trust of any food poisoning affecting 2 or more children as soon as possible, and **always within 14 days** of the incident.

9. Safer eating

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

9.1 Food preparation to prevent choking

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).

9.2 Eating environment

When eating, all children are always:

- Seated safely
- Within sight and hearing of staff

We record any incidents of choking needing intervention and inform parents/carers.

Our records are reviewed to identify trends.

9.3 One-to-one supervision

We offer children with physical, developmental, or sensory issues affecting their eating, one-to-one supervision in consultation with parents/carers and health professionals.

9.4 Paediatric first aiders

At least 1 member of staff with a current paediatric first aid (PFA) certificate is always in the room when children are eating.

Any medicines are given to children as needed and in accordance with our policy.

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.

- Before a child joins our school, we gather detailed information about any known food allergies or intolerances
- **All** staff are trained to be aware of and understand information about food allergies by:
  - Knowing the symptoms and treatments for allergies and anaphylaxis
  - Understanding the difference between allergies and intolerances
  - Being aware that children can develop allergies at any time, particularly during the introduction of solid foods

We share information about food allergies with all staff and make them aware of which children have allergies or intolerances so they can ensure that the child is given an alternative where the food served contains an allergen.

All staff follow strict measures to avoid cross-contamination, including washing hands, and sharing clear rules around visitors bringing food into school.

10.1 Procedures to manage allergies and intolerances

Our caterers plan menus to include food substitutions, where necessary, for children with allergies or intolerances in mind.

We make sure that our food is safe for pupils with an allergy or intolerance by:

- Showing allergen ingredients information for the meals served, as outlined in this policy
- Checking any product changes with our food suppliers
- Ensuring our staff/caterers read labels and product information before using a product

Through ongoing discussions with parents/carers and health professionals, if appropriate, we create an allergy action plan for each child to help manage their allergy or intolerance.

- This information is kept up-to-date and shared with all staff

We refer to allergy action plans and NHS advice and work in consultation with the school nurse service.

10.2 Procedures for managing allergic reactions and intolerances

Staff members suspecting food intolerance will work alongside parents/carers to keep a diary of foods eaten in school and at home, including any symptoms experienced.

If a staff member suspects food intolerance, or is the first to identify an allergic reaction in a child, they will:

- Administer the child's prescribed medication immediately in line with our medicine policy.
- Contact emergency services immediately after administering the medication.
- Monitor the child and administer a second dose of medication, if required.
- Safely move the child to a location away from the allergen and stay with them at all times.

If a staff member suspects that a child has reacted to food for the first time, they will:

- Immediately tell the senior member of staff on duty, who will contact the child's parents/carers.
- Safely move the child away from the allergen and stay with them at all times.

- Comfort and reassure the child to keep them calm.

11. Allergen food labelling

The 14 allergens that we track and highlight are:

- Celery
- Cereals containing gluten, such as wheat, barley, oats and some flour
- Crustaceans, such as prawns, crabs and lobsters
- Eggs
- Fish
- Lupin, such as bread made with lupin seeds
- Milk
- Molluscs, such as mussels and oysters
- Mustard
- Peanuts
- Sesame
- Soybeans
- Sulphur dioxide and sulphites, if they're concentrated at more than 10 parts per million
- Tree nuts, such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

We include information about the presence of any of these allergens in our dishes on our menus, which are sent to parents/carers / can be accessed on the school website.

12. **EYFS Food, Nutrition and Safety**

In the Early Years Foundation Stage (EYFS), all food and nutrition activities will be planned and carried out in accordance with the Statutory Framework for the Early Years Foundation Stage and current safer eating guidance. Children will be provided with healthy, balanced snacks and opportunities to learn about food, nutrition and healthy lifestyles through practical experiences. Fresh drinking water will always be available and accessible. Up-to-date information regarding dietary needs, food allergies, intolerances, medical conditions, cultural and religious requirements will be obtained before a child starts school, regularly reviewed with parents and shared with all relevant staff.

Children will be supervised closely at all times when eating; they will remain within sight and hearing of a member of staff throughout meals and snack times. In line with EYFS requirements, a member of staff holding a current full Paediatric First Aid (PFA) certificate will be present and immediately available whenever children are eating and a PFA-qualified adult will accompany children on outings. Paediatric first aid qualifications will be renewed every three years in accordance with statutory requirements.
During cooking and food preparation activities, children will use age-appropriate utensils and equipment under direct adult supervision. Staff will model safe handling of utensils, including knives and cutters and any cutting tasks involving sharper utensils or hot equipment will be undertaken by an adult or with individual adult support following a risk assessment. Good handwashing practices will be promoted before handling food and eating and children will be encouraged to develop independence safely.

All food-related activities will be supported by appropriate risk assessments and carried out in line with the school's health and safety, safeguarding and first aid procedures to ensure that food experiences are healthy, enjoyable, educational and safe for every child.

13. Managing other special dietary requirements

We are committed to supporting children with special dietary requirements and food intolerances, ensuring that every child can eat safely and in accordance with their cultural needs and preferences.

Before a child joins our school, we gather detailed information about any special dietary or health requirements, food preferences and intolerances. We share this information with **all** staff involved in preparing and handing food.

Our caterers plan menus to include food substitutions, where necessary, for children with special dietary requirements in mind.

We also:

- Check any product changes with our food suppliers.
- Ensure caterers read labels and product information before using a product.
- Supervise children at mealtimes to avoid food sharing.

Inform parents where we plan to use food products within curriculum delivery.

13.1 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, such as halal or kosher.
- Being sensitive to certain customs, and how these affect meal and snack times.
- Adapting menus to include foods from different cultures.
- Always having a vegetarian option available.
- Encouraging parents/carers to share traditional recipes and give feedback on our menus

13.2 Children with additional support needs

For children with physical, developmental, or sensory issues affecting their eating, we work with parents/carers and health professionals to:

- Adapt food preparation methods
- Offer one-to-one support if needed
- Adjust the eating environment (e.g. limiting noise)

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.

14. Food brought in from home

We share our food and nutrition policy with parents/carers with annual reminders to help them understand our requirements and encourage healthy choices for packed lunches, and any other food brought from home.

The following foods must **not** be brought into school on any occasion:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week).
- Fizzy or sugary drinks.

14.1 Packed lunches

We allow parents/carers to provide packed lunches for their child.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is like food served in schools which is in line with The School Food Standards.

Packed lunches must **not** include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.

- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week).
- Fizzy or sugary drinks.

We inform parents/carers about best practices for packing lunches, and ask them to:

- Use insulated, sealed bags for perishable foods.
- Label lunch bags and their contents with the child's name.
- Make sure that the food is suitable for the child's developmental needs and is prepared in a way to prevent choking.

14.2 Safety and hygiene

Staff check all food brought from home for potential allergens to reduce the risk of cross-contamination.

For children with allergies, staff will store food brought from home/packed lunches separately to reduce the risk of cross-contamination.

Due to food safety reasons, we do not provide refrigeration for packed lunches or reheat food from home unless specifically agreed upon with parents/carers.

If no refrigeration is available, we only store food outside of chilled conditions for up to a **maximum of 4 hours**, and never more than once.

14.3 Celebrations

If parents/carers, visitors, volunteers or school staff wish to bring in food for special occasions, we ask that they only do this:

- When asked to by the school.

Food brought into school **must not contain:**

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week).
- Fizzy or sugary drinks.

We ask that they follow the following guidelines:

- Consider sharing healthy dishes during wider school celebrations.

15. Learning about food

Food, its production and preparation are an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment.

We ensure that pupils are taught in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy. This policy will contribute towards other policies in the following ways:

Behaviour: Children who eat healthily are more focused on their work and behaviour is better

PSHE: Healthy food and choices and practical food education is included in the curriculum

Science: Healthy eating and nutrition are part of the science curriculum

Enrichment: Hands-on opportunities for children to prepare and cook food within a social group

Equality: We take account of the needs of all our children, including those with disabilities and allergies

Curriculum assessment:

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and enrichment.

16. Monitoring arrangements

This policy will be reviewed by the Headteacher every 12 months. At every review, the policy will be shared with and approved by the Local Advisory Board/ Governing Body.