



St. Andrew's C of E (VA)
Primary School

Food and Healthy Eating Policy

Date:	September 2026
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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 Healthy Eating 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.

As our catering partner, Educatering is responsible for training and mentoring our catering team in child nutrition, food safety, and allergens.

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. Forms are sent out at the beginning of each new year or when new pupils join.
- 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
- 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

- Ensure that your child brings their water bottle to school every day. We ask that all bottles contain only fresh water.

5. Communicating with parents/carers

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

- Significant changes in eating habits, e.g. 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 and find solutions to ongoing difficulties.

6. Sourcing food and ingredients

We work with Educatering to provide healthy and nutritious meals. We collaborate with our catering partner by:

- Holding regular meetings with our regional manager at Educatering 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
- Participating in the menu planning process to make sure our food is appealing, balanced, varied and caters to the dietary requirements that our pupils have

The contract with our catering provider is reviewed and re-tendered every 3-5 years to make sure we receive the best possible service and value for money; however, we have the option to change provider if necessary.

When buying food and ingredients, our catering company follows the [government's guidance on sustainable procurement](#). Where possible, we buy 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 an occasional class treat, e.g. ice lollies in hot weather
- When teaching food preparation and cookery skills, including when the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents/carers or pupils

We provide healthy, balanced, varied and nutritious meals, snacks and drinks at lunchtime, which runs from 12.00 - 12.50p.m.

Our menus are:

- Planned for 3 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

- 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 with parents/carers on the school website 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 Other meal/snack times

Breakfast Club from 7.35 - 8.35 a.m

- The children are provided with a wide range of healthy food choices, including cereals, toast, crumpets, yoghurts and fruit.

KS1 morning snack at 10.45a.m

- Pupils aged 4-6 are encouraged to eat a piece of fruit or vegetables, provided at no cost by the government's School Fruit and Vegetable Scheme (SFVS)
- Children under the age of 5 are also provided with a drink of milk.

KS2 morning snack at 10.45a.m

- We do not provide a mid-morning snack for pupils in KS2, however, children may bring a healthy snack, for example, fresh fruit, vegetables or a piece of cheese. **Processed foods such as crisps, chocolate, cakes, biscuits or sweets should not be brought as a snack.**

After-school childcare 3.15p.m – 5.50p.m

- Children are offered a healthy, light snack and a drink. Examples can be found on the school website.

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.

7.2 For all pupils

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

Our staff:

- Make tap water available and accessible throughout the day, and provide fresh tap water and plain milk at mealtimes
- Encourage pupils, including those who bring a packed lunch, to eat balanced meals containing a wide variety of foods 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

Lunch is served in the school hall on designated dining furniture. The youngest children start lunch a little earlier to ensure they are settled and comfortable before other pupils arrive. 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.

8. Food safety and hygiene

Our catering staff use our food preparation area to prepare meals, snacks and drinks for breakfast, lunch and after-school childcare. The area includes suitable facilities for hygienically preparing children's food, and sterilising equipment.

Our staff use colour-coded equipment and utensils. Safety procedures and practice are audited by Educatering.

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 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. Children sit in rows so that staff can monitor eating and prevent food sharing.

We record any incidents of choking needing intervention and inform parents/carers. Our records are reviewed annually to identify trends.

9.3 One-to-one supervision

Where possible, 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 dining hall when children are eating.

Any medicines are given to children as needed and in accordance with our Supporting Pupils with Medical Conditions Policy, available on the school website:
<https://www.standrewsprimaryschool.co.uk/policies>

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

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, using colour-coded equipment and sharing clear rules around bringing food into school.

10.1 Procedures to manage allergies and intolerances

We 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

Children with diagnosed allergies should be provided with an allergy action plan from a health care professional. A copy should be given to the school to help us manage their allergy or intolerance.

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

10.2 Procedures for managing allergic reactions and intolerances

Staff members suspecting a 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 a 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 Supporting Pupils with Medical Conditions Policy and Allergy Safety 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 a 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 time
- Comfort and reassure the child to keep them calm

Where anaphylaxis is suspected in an undiagnosed individual, staff will call the emergency services and state ANAPHYLAXIS is suspected, then follow their advice as to whether administration of a spare AAI is appropriate.

(In an emergency situation, anyone may take reasonable action to save a life without checking whether prior consent has been given. This avoids potentially fatal delays in treatment.)

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

11. Allergen food labelling

The 14 allergens that we track and highlight are:

- Celery
- Cereals containing gluten, such as wheat, barley, oats and some flours
- 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 can be accessed on the school website.

We do not produce our own packaged food for children to purchase or choose from at lunchtime.

12. 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.

We 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
- Ensure any curriculum activities involving food products, including those that do not involve consuming food, are carefully risk assessed.

12.1 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

12.2 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 additional supervision or support if needed
- Adjust the eating environment (e.g. limiting noise)
- Support children through a regular food tasting intervention group: TasteQuest

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.

13. Food brought in from home

We share our food and nutrition policy with parents/carers before children join the school, 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:

- Peanuts/tree nuts or any products likely to contain nuts, e.g. peanut butter, satay sauce, pesto, marzipan and praline, cereal bars

13.1 Packed lunches

Parents/carers can provide packed lunches for their child. Parents should try to ensure the packed lunch aligns with the [School food standards practical guide](#)

A packed lunch should balance energy and nutrients by including starchy carbohydrates, protein, dairy, and fruit or vegetables. Recommended items for packed lunches **are**:

- **Starchy Foods:** Bread, wraps, bagels, pitta pockets, pasta, rice, or couscous for lasting energy.
- **Protein:** Lean meat, chicken, tuna, boiled eggs, hummus, or beans as a filling or salad.

- **Fruit & Vegetables:** Fresh pieces of fruit, cherry tomatoes, or carrot and cucumber sticks.
- **Dairy:** A portion of cheese, yogurt, or a calcium-fortified dairy alternative.
- **Drinks:** Plain water or milk as the best default choices.

You can find lots of ideas for healthy lunch boxes online, for example: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Packed lunches must **not** include:

- **Nuts and Nut Spreads:** Peanut butter, Nutella, or cereal bars containing nuts are not allowed at school as we have several pupils and staff with severe nut allergies.

Fizzy/sugary drinks, large chocolate bars, sweets, and high-fat crisps should be restricted or saved as occasional treats.

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

13.2 Safety and hygiene

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

Where children have severe allergies, any food brought from home can be stored separately to avoid any possible 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.

13.3 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
- When it has been agreed in advance with the school.

Food brought into school should be in its original packaging and **must not contain:**

- Peanut or tree nut products

Whilst we all enjoy an occasional treat, as a school, we aim to promote consistent healthy eating messages, so please consider providing healthier items when bringing any food from home.

14. Learning about food

Our curriculum includes engaging food-related activities, including:

- Preparing simple meals, such as sandwiches and fruit salads
- Planting easy-to-grow seeds, such as cress, salad leaves or potatoes
- Tasting foods from around the world
- Considering food miles, sustainability and food shortages

We involve parents/carers by:

- Inviting them to take part in cooking activities in school
- Suggesting recipes and activities they can do at home with their child

15. Monitoring arrangements

This policy will be reviewed every 3 years, or when there is a change in government guidance.

At every review, the policy will be approved by the headteacher and shared with staff, governors and the school community.