Full Governors
23.09.26
Signed .....

Whole School Food Policy

Aim
To ensure that all aspects of food and nutrition in school promote health and wellbeing of children staff and visitors to our school.

Objectives
- Review our curriculum regularly to ensure information relating to food and nutrition is consistent and up-to-date.
- To encourage families to provide healthy lunch boxes – although the majority of our children have school meals.
- To promote healthy eating and drinking messages.

School Dinners
School dinners are prepared according to the authority's healthy eating guidelines. Nottingham City Council provide the school meals for the school and are committed to providing children with a healthy, balanced diet, in line with:
- The Requirements for School Food Regulations 2014
- The Food Safety Act 1990
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Products Containing Meat etc. (England) Regulations 2014

All children are entitled to a free school meal under the Universal Infant School meal offer. However, parents who choose to send their child to school with a packed lunch are encouraged to ensure that these are healthy; sweets are not allowed in children's packed lunches. We are a nut free school and ask parents and staff to adhere to this when packing any lunch sent or brought into school.

Eating Safety
All staff adhere to the EYFS 2025 Safer Eating in Early Years Setting guidance
All staff are trained in Allergies and Anaphylaxis.
All staff are first aid trained and a core group are paediatric First Aid trained

Treats and Rewards
We aim to encourage children to understand that we should eat a range of food to stay healthy and that having treats is part of a healthy attitude to food. However, children are not allowed to bring in sweets to celebrate their birthday.

Food in the Curriculum
Food preparation is taught in the classroom through topic work in the area of Design and Technology and science. When working with food staff should be aware of children with allergies – information about this is in children's records on ~~Integris~~ Arbor and in class folders kept in the classroom. Staff will undertake a Food Hygiene certificate on National College when undertaking any food preparation/cooking in the classroom.

Drinking Water
The children have access to water through the whole school day. Water bottles are brought from home and are placed in an accessible place in the classroom. Bottles must contain plain water unless there is a medical reason for a child to have juice, this should be discussed with the Headteacher as soon as a medical professional has advised this.

Lisa McSherry
Reviewed autumn 2026
To be reviewed autumn 2029