



CHANTRY COMMUNITY

PRIMARY SCHOOL

Food and Nutrition Policy

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Statement of Equality

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

Purpose

At Chantry Community Primary School, it is important to us that pupils eat healthily and drink plenty of fluids while in school. We also aim to teach pupils to make healthy food and drink choices using the curriculum and to reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn, concentrate, and achieve high standards in school. We are, therefore, committed to promoting a lasting healthy lifestyle for everyone.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to food standards and legal obligations. As such, this policy has been implemented to help staff and parents deliver consistent messages to pupils, enabling them to develop a positive and independent approach to a healthy lifestyle.

Legal Framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- Food Safety Act 1990
- School Standards and Framework Act 1998
- Early Years Foundation Stage nutrition guidance 2025

This policy operates in conjunction with the following non-statutory guidance:

- DfE (2019) 'School food in England'
- The School Food Plan (2015) 'School Food Standards: A practical guide for schools, their cooks and caterers'



This policy operates in conjunction with the following school policies:

- Health and Safety
- Supporting Pupils with Medical Conditions
- Equality and diversity
- First Aid

Our Aims

- To integrate a whole-school ethos towards healthy eating; therefore, helping both staff and pupils to perform well, concentrate better and improve general wellbeing.
- To ensure all pupils are well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the school day.
- To encourage pupils to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.
- To use the curriculum to teach pupils safe, hygienic methods of preparing, handling and storing food, and to inform them about the benefits of choosing healthy options.
- To ensure there are consistent messages about healthy eating throughout the school.
- To keep food, health, and nutrition aspects of the curriculum up-to- date.
- To ensure the school reflects the ethical, medical, and religious dietary requirements of staff and pupils, and that suitable provisions are available.
- To celebrate diversity with cuisines from different cultures and other individual choices (e.g. vegetarianism); therefore, encouraging pupils to learn about and try new foods.
- To encourage fluid intake and help pupils keep hydrated, maintain concentration, reduce lethargy, and learn effectively.
- To inform staff and parents which provisions are permitted in school and to ensure they can effectively monitor what pupils are eating.
- To encourage staff to participate in our healthy eating ethos and act as role models to pupils.

School Meals Provision

The school encourages parents and carers to take up the offer of a school dinner, cooked on the premises. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of pupils. Pupils in Reception and Key Stage 1 receive a free lunch as part of the Universal Infant Free School Meals provision. Older pupils who are entitled to Free School Meals are encouraged to take up a school meal and advice is given to parents and



carers on the application process. If parents choose not to use the school lunches, we ask them to provide pupils with packed lunches that promote a balanced diet.

When pupils are on school trips, our school kitchen will provide packed lunches for pupils in Reception, KS1 and for any child who is in receipt of Free School Meals.

Packed Lunches

Food safety issues around packed lunches will be conveyed to parents. For example, at Chantry, we are a nut free school so we ask that nuts and peanut butter are not included in packed lunches for the safety of our pupils and staff who have nut allergies. Reminders are shared in our parent newsletters.

We allow for snacks and treats to be included at parent's discretion. If we feel that a packed lunch has an unsuitable balance of healthy foods alongside snacks and treats, we will contact the child's parents to offer support and guidance. Posters are also displayed in our school office.

Pupils should not bring chewing gum into school for health and safety reasons.

Pupils with special dietary or medical needs will need to discuss these needs with the school office and where necessary, a specific plan put in place.

Water Provision

The school provides a free supply of drinking water in each classroom and jugs of water for those having a school lunch. Pupils are encouraged to bring (named) water bottles to school each day. We ask that parents send water or well diluted juice. Consumption is permitted throughout the day.

The school teaches pupils the importance of drinking plenty of fluids and how hydration helps contribute to effective learning, good health and improved physical performance. Staff encourage pupils to consume extra fluids on hot days and during and after physical activity, such as PE lessons and sports days.

Milk Provision

Free milk is available for pupils under the age of 5. All parents can choose to buy milk for consumption at break time by speaking to the school office.



Free Fruit Scheme

EYFS and Key Stage 1 pupils are given free fruit and vegetables as a healthy snack every day as part of the government scheme.

The school encourages Key Stage 2 pupils to bring in a fruit or vegetable snack from home for break time. Where we feel that snacks sent in are unsuitable, we will contact the child's parents to offer support and guidance.

Allergies and Dietary Requirements

Parents and carers should inform the school if their child suffers from an allergy, identifying the allergen to which the child reacts, and the symptoms of the reaction and any medication required; this will be logged on Arbor. Individual Health Care Plans may be set up for pupils with specific medically identified allergies and intolerances; this includes involving the school kitchen staff where school meals are required. Allergy Action Plans and Health Care Plans are reviewed annually and signed by parents.

The school's chosen catering service is responsible for ensuring that the school's policies are adhered to at all times, including those in relation to the preparation of food, considering any allergens.

The school ensures the correct food safety measures are in place, in line with the Supporting pupils with medical conditions Policy and the Health and Safety Policy, to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet. All pupils who have a known food allergy are required to wear a yellow lanyard in the dining hall. This applies to both school meals and packed lunch pupils.

Learning activities which involve the use of food, such as cooking, are planned in accordance with Health Care Plans, accounting for any known allergies of the pupils involved.

Special Events and Treats

If a pupil brings in birthday cakes to school or a bag of chocolates or sweets for a birthday, these are distributed at home time. Parents will then be able to give permission for their child to eat this at home. Teachers will be aware of allergies before distributing birthday treats.

Activities shared in school time as part of the curriculum, such as cooking, which involves the sharing or eating of food, will be fully risk assessed with a particular focus on allergies. Basic principles of food hygiene will also be covered.



Staff are encouraged to use other methods of rewards such as stickers and team points rather than sweets or chocolate.

EYFS Compliance

Chantry Community Primary School complies with all aspects of the Early Years Foundation Stage Nutrition guidance 2025. The Early Years Foundation Stage (EYFS) statutory framework sets the standards that early years providers must meet to ensure that pupils learn, develop well and are kept healthy and safe. Our school complies with guidance specifically where pupils under 5 are provided with meals, snacks and drinks, which must be healthy, balanced and nutritious.

Nutrition and Mealtime Provision

The school is committed to providing children with balanced, nutritious meals that support healthy growth and development. The school catering provider (Independent Catering) will ensure all meals will include items from the four key food groups: fruits and vegetables, starchy foods such as bread, rice or pasta, protein sources including meat, fish, eggs or pulses, and dairy or suitable alternatives. Children will be offered only milk or water to drink throughout the day. Portion sizes will be age-appropriate, and staff will prepare food safely by cutting items—such as slicing grapes lengthways—to reduce choking risks. Children will be encouraged to explore and try new foods in a positive, pressure-free environment.

Inclusive and Safe Practices

The school recognises the importance of meeting the individual dietary needs of all pupils. Staff will record and accommodate any allergies, intolerances, or medical requirements, and will respect cultural and religious dietary practices at all times. Regular communication with parents and carers will ensure that dietary information remains accurate and up to date. Celebrations and special events will be marked with healthy food choices, and mealtimes will be approached as calm, social experiences that promote positive attitudes towards eating. A qualified Paediatric First Aider will be present at all times when children are eating food.

Hygiene and Food Safety

High standards of hygiene and food safety will be maintained at all times. Staff and pupils will wash their hands before food preparation and eating, and all food preparation areas will be cleaned and sanitised daily. Food will be stored safely, with staff checking temperatures and expiry dates to ensure compliance with food safety regulations. Pupils will also be taught basic hygiene routines, such as effective handwashing, to support their understanding of healthy habits.



Policy Implementation and Planning

The school will maintain a written nutrition policy that is shared with staff and parents. Independent Catering provide lunch menus in advance to ensure meals remain balanced and varied. Food practices will be reviewed regularly to ensure they continue to meet statutory requirements and reflect best practice. Records of any dietary-related incidents will be kept securely. All staff involved in food preparation or supervision will receive appropriate training in nutrition and food safety to ensure consistent, high-quality provision.

Food in EYFS Provision

Leaders and teachers are alert to the impact of potential food allergens in wider setting provision, for example flour in playdough. Teachers take steps to risk assess and mitigate barriers to ensure no child is disadvantaged from accessing full provision through reasonable adjustments.

Exemptions

The school recognises the following exemptions to the Food and Nutrition Policy:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Provisions at fund-raising events
- Provisions used when teaching food preparation and cooking skills
- In consultation with the SENCO to explore new foods
- Food and drinks provided on an occasional basis by parents or pupils

Curriculum

The school's Food and Nutrition Policy is integrated into our curriculum. This will be achieved through the following teaching areas:

- PSHE
- PE
- Science
- D&T

The school communicates how to lead a healthy lifestyle and make good food choices via the following:



- School assemblies
- Guest speakers
- Sharing school menus with parents and carers
- Staff as role models
- The weekly school newsletter

Communication with Parents

- The school will communicate any changes and updates to this policy.
- The school will inform parents if concerns are raised about their child not eating well.
- The school will inform parents which foods are not permitted as part of packed lunches.
- The school will involve parents in the healthy eating ethos, enabling them to provide consistent messaging about healthy choices at home.
- Parents will keep the school updated with any changes to their child's dietary requirements, including allergies, and any cultural, religious, or ethical food requirements.
- Parents will inform the Class Teacher via letter/email if they are concerned their child is not eating well during the school day.

Monitoring and Review

This policy will be reviewed every two years by the Headteacher, or in light of any changes to relevant legislation.

Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.

Equality Impact Assessment



Who is the policy or process intended for?	Pupils	Employees	Govs/ Trustees	Volunteers	Visitors		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Status of the policy or process:	New policy or process			Existing policy or process			
	<input type="checkbox"/>			<input type="checkbox"/>			
Analysis							
Protected Characteristic	Impact analysis			Explanation of impact analysis			
	Positive	Neutral	Negative				
Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Disability:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Sex:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Gender reassignment:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Race:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Religion or belief:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Sexual orientation:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Marriage or civil partnership:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Pregnancy and maternity:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Pupil groups (PP/SEN/CLA):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Evaluation and decision making							
Summary of action taken:							
Final decision:							