Food & Nutrition Policy

Greenfields Community Primary School

Approved by: FGB	**Date:** September 2026

This policy is to support staff, parents/carers and children by providing clear guidance on the food provision during the school day. It highlights our approach to promote healthy eating and nutrition

in line with the **School Food Standards (DfE 2019), Statutory Framework for the EYFS (DfE 2025) and Early Years Foundation Stage nutrition guidance (DfE 2025).**

Our Curriculum

Promoting healthy eating habits, nutritional awareness and basic cooking skills are a key part of our whole-school approach to health and wellbeing. We are committed to equipping children with the knowledge and practical skills they need to make informed, healthy lifestyle choices.

Opportunities to explore these themes are woven throughout our curriculum. Nutrition education is not treated as a one-off topic, but is revisited and built upon across year groups to ensure a progressive and meaningful learning experience.

In line with the National Curriculum, healthy eating, nutrition and cooking are taught through a variety of subjects, including Science, Design and Technology (DT), and Personal, Social, Health and Economic (PSHE) education. This approach reinforces key messages and helps children understand the importance of making healthy choices in a range of real-life contexts.

Food and Drink Provision Throughout the Day

The DfE standards for School Food in England (2021) are mandatory for all maintained schools. These standards are intended to help children develop healthy eating habits and ensure they obtain the nutrition needed across the day.

These standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fundraising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- Food and drinks provided after 6pm, or during weekends or school holidays

Breakfast Club

Breakfast club operates on a daily basis for children from Nursery – Year 6. Breakfast is an important meal and contributes to the energy requirements needed in a day.

We provide the following at breakfast:

- Low sugar cereals
- Toast
- Lower-fat spread
- Fruit
- Yoghurt
- Semi skimmed milk
- Water

After School Club

After school club will provide a fruit snack for all children before 4:30. At 5:00 a light tea will be served, this will meet the School Food Standards and the Early Years Nutrition Guidance. Meals will be planned weekly and will be based on the 4 food groups.

Snacks

Snacks can play an important part of the diet of young children and can positively contribute towards a balanced diet, including the opportunity to have one of your five-a-day. The school participates in the government initiative to provide all Year R and KS1 children with free fruit and vegetables during the day. KS2 children are encouraged to bring a fruit/vegetable snack in for break time.

Drinks

Water is available for all pupils throughout the day. Milk is available for Nursery and Year R children during their snack time.

We do not provide any other drinks including fruit juice, squash, flavoured water or fizzy drinks due to the sugar content and sweeteners used.

School lunches

Our school lunches are provided by Nourish and meet the statutory school food standards. Children are provided with a choice of meals, all of which pay regard to the nutritional balance required. This includes the use of fresh fruit and vegetables. Menus are displayed on the school website for parents/carers to view.

Nursery – all nursery children who do full days are supplied with a school meal by Nourish. This meets the EYFS nutrition guidance (2025). There is no option for Nursery children to have a packed lunch.

YR/KS1 – Universal free school meals are available for all children from Year R – Year 2.

If food is brought into school, we encourage parents to provide healthy well-balanced packed lunches. For children aged 5 years and above preparing a healthy lunchbox includes:

- Starchy foods – e.g. bread, rice, potatoes, pasta
- Protein foods – e.g. beans, pulses, egg, fish, poultry and meat
- A dairy item – e.g. cheese or yoghurt
- Vegetables or salad
- A portion of fruit
- Water

School trips and birthdays

Meals provided on school trips should reflect a healthy well-balanced lunch box.

Children are able to bring in a small packaged treat which can shared on birthdays, which must be taken home to eat.

Early Years

The School Food Standards is mandatory for maintained schools, however, there are additional requirements in the EYFS which go beyond the specific food group that must be served. Early Years settings must also take into account the EYFS nutrition guidance (2025).

Safer Eating

A member of staff with a valid paediatric first aid certificate must always be present while children are eating.

Before a child is admitted, the school must collect detailed information on:

- Special dietary requirements or preferences
- Food allergies and intolerances

Food must be prepared in a way that minimises the risk of choking:

- Staff should follow government food safety advice for early years Food safety advice on choking hazards in settings - Foundation Years
- Avoid high-risk foods and prepare food safely
- If a choking incident occurs that requires staff intervention details must be recorded and reported to parents/carers

During all mealtimes:

- Children must always be within both sight and hearing of staff
- Staff should sit facing the children to monitor safe eating, prevent food sharing, and watch for allergic reactions

Snacks

Early Years children are provided with a snack in the morning and the afternoon. The foods provided meet the guidelines set out in the Early Year Nutrition Guidance (2025). Children will be encourage and taught how to prepare their own snack using the correct utensils.

Special Dietary Requirements

Vegetarian options are available at lunch everyday.

Special diets – medical or religious

On admission to the school, parents are required to share dietary requirements. These are shared with the catering company and are stored on the school's management system (Arbor). If there are any changes to a child's dietary requirements, parents should let the school know via the office. If necessary, individual care plans or allergy plans are created. These documents will outline requirements, reactions, emergency procedures etc.

Staff with paediatric first aid have completed training in first aid and in anaphylactic shock to support them to manage allergies.

Monitoring and Review

This policy will be reviewed annually by the SLT and governors. Feedback from staff, parents, and pupils will be considered as part of the review process to ensure the policy remains effective and relevant.