

Lingfield Primary School

A Personal Best School



Food and Nutrition Policy

Date Agreed by Governors	Summer 2025
Review Date	Summer 2027

Purpose

To ensure that all meals, snacks and cooking activities provided by the nursery and its outside catering provider are healthy, balanced and nutritious, in accordance with EYFS nutrition guidance and School Food Standards for children in EYFS .

Covers:

- Breakfast club, lunchtime, after-school provision (catered externally)
- Rolling fruit snack (free fruit scheme)
- Optional daily milk cartons
- Weekly cooking sessions
- Food brought in by parents/families
- Special diets, allergies, religious/cultural needs

Nutrition Standards & Menu Planning

- Catered meals, supplied by Nourish, must comply with School Food Standards for nursery schools, including:
 - Daily portions of starchy foods, milk/dairy, fruit & vegetables, protein, with limits on fat, sugar, salt and deep-fried or pastry items
gov.uk/foodactive.org.uk+3assets.publishing.service.gov.uk+3healthyschoolscp.org.uk+3eyalliance.org.uk+1earlyyearsstaffroom.com+1assets.publishing.service.gov.uk.
 - Whole milk for under-5s, lower-fat options not required until after the school year the child turns five

- Menus planned weekly to ensure variety (at least 3 different fruits/vegetables weekly), age-appropriate portion sizes (e.g., toddler fist-size) .
- Caterer uses minimal added salt/sugar; flavour through herbs, spices, vegetables
- Free fruit available throughout the day under the National Fruit Scheme.
- Optional cartons of milk provided at parent request; use whole milk until child finishes school year turning five

Allergy, Intolerance & Special Diet Management

- The setting is strictly nut-free; no nuts or nut products may be served or brought in.
- Prior to attendance, parents complete a dietary/allergy form. This information is shared with staff on medical tracker and class overview sheets.
- Each child with allergies has an individual allergy action plan, in coordination with parents and healthcare professionals. This action plan is recorded on the class overview sheets, available to all who are working in the setting.
- Caterer must provide ingredient lists and flag allergen changes.
- Staff are responsible for the meal safety of each child.

Safe Eating & Food Hygiene

- Staff supervising meals must include at least one paediatric first-aid-trained member
- Food preparation and cooking sessions adhere to Level 2 Food Hygiene and Allergy Awareness training
- Use EYFS safe portion sizes and prepare foods to minimise choking risk—no popcorn, whole grapes, etc. thesaferfoodgroup.com.
- During cooking lessons:

- Food handling follows hygiene procedures
- Staff model safe practices and talk about ingredients, cooking methods and healthy choices.

Mealtime Environment & Social Learning

- Meals are a pleasurable, social and educational experience
- Staff are with children, encouraging discussion about food and manners
- Staff support children in making balanced choices, offering praise for trying new foods

Home Food & Celebrations

- Packed lunches from home are encouraged to meet nutritional guidelines: wholegrain, dairy, fruit/veg; no nuts, confectionery, sugary drinks.
- Provide families with a packed lunch leaflet.
- Celebrate cultural events occasionally; special treats outside school day regulations are permitted .
- Food prepared during cooking sessions can be shared with participating children

Parental Communication & Engagement

- Parents receive:
 - Copies of menus
 - Information on nutrition standards and food policy
 - Details on milk and fruit provision

- Regular updates via Tapestry posts, emails or parents' evenings.
- Engagement opportunities include: sampling sessions, recipe cards and involvement in cooking sessions.

Monitoring & Review

- The Catering Leadership Team and Lingfield's Leadership Team regularly monitor catering compliance, portion sizes, allergy records and menu variety.
- Use DfE portion-size and menu checklists gov.uk/keyalliance.org.uk+7gov.uk+7thelink.slough.gov.uk+7 to ensure compliance; adjust in consultation with the catering company.

Governance & Responsibility

- Overall responsibility: Headteacher.
- Operational lead: Designated staff member liaising with caterer; reviewing menus, managing allergies.
- Caterer's responsibilities:
 - Comply with DfE nutrition and School Food Standards
 - Provide ingredient/allergen info
 - Attend regular meetings with nursery staff.
- Staff ensure:
 - Safe, educational mealtimes
 - Adherence to hygiene and choking safety
 - Supervision in cooking and eating areas.

