



Flintham



Primary School

Food and Nutrition Policy

November 2025

'Inspiring A Love Of Learning'

Our School Vision is

We aspire to provide everyone with...

- an excellent holistic education through an inspiring, creative and ever evolving curriculum.
- an understanding that there is no limit to their potential.
- the foundations to face the various challenges of life and be respectful, responsible and caring citizens making a positive contribution to their community and wider society.
- a love of learning which continues to develop enquiring minds and enrich their lives.

Flintham Flyers



Kindness



Respect



Determination



Pride



Collaboration

Flintham Primary School Food and Nutrition Policy

Introduction

Flintham Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this healthy eating policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

Leader

This school food and nutrition policy and healthy eating strategy is led by Janette Dunderdale.

Compliance with EYFS 2025 Requirements

From September 2025, Flintham Primary School will comply with the EYFS statutory safeguarding and welfare requirement to follow the Department for Education's nutrition guidance. All meals, snacks, and drinks provided will be healthy, balanced, and nutritious, in line with statutory guidance.

Aims

- To follow the 'Provide, Limit, Avoid' framework for our children:
 - Provide: Fruit and vegetables at every meal; starchy foods including wholegrains; dairy or alternatives; and protein sources such as beans, pulses, eggs, fish, and meat.
 - Limit: Fried foods to once per week; processed meats to once per week.
 - Avoid: Sugary drinks, high-sugar cereals, sweetened yoghurts, and foods high in salt or saturated fat.(Food Provision Standards)
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To maintain or improve the health of the whole school community through education – increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
- To ensure children are well nourished at school – that we practise what we preach! With every child having access to safe, tasty and nutritious food and water during the school day.
- To increase children's knowledge of where food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.
- To ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians and people with specific food-related allergies.

Objectives

These aims will be met in lessons through a cross-curricular approach, through shared eating times, through social and pastoral activities and by following safer eating protocols.

Equal Opportunities

All children have the right to safe, appropriate food that respects their health, culture, and family preferences. We do not allow food-based teasing or comparisons between lunchboxes. Staff never comment negatively on a child's food in front of them.

In food and nutrition education, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Within the PSHE and Science curriculum healthy eating, food safety and an understanding of where our food comes from, will be taught. Where possible this will be linked to other curriculum areas for example:

Art – observational drawing of fruit, healthy eating posters

DT – recipes, food preparation and cooking

English – instructions – recipes

Maths – weights and measures

PE – healthy eating and exercise

Science – healthy lifestyles, effects of heat on food, bacteria, how plants grow

RE – the rich diversity of other cultures and times

Geography – where food comes from, sustainability

History – how people used to eat, eg Victorians – rich and poor, Ancient Egyptians/Greeks etc

Opportunities to support and extend the curriculum will be made through :

1. External visits e.g. local supermarket, Pizza Express, residentials
2. Visitors e.g. local food producers, Eco Farm, cooking demonstrations
3. Healthy eating projects e.g. design a healthy school dinner competition
4. Health awareness weeks.

Food and drink provision throughout the day

Breakfast

Pupils are encouraged to eat breakfast before they come to school and this is promoted through our curriculum work and included in our home/school agreement. Food provision at breakfast club complies with the Government's standards for all school food other than lunches.

Break time

In Key Stage 1 time is allocated daily to sharing the government funded fruit or vegetables. Children are encouraged to participate fully and the opportunity will be made to talk about what they are eating, how it is prepared and why they are eating it. Opportunities are also made for the children to collect and hand out the fruit. Key Stage 2 children are encouraged to and reminded to bring fruit/vegetable snacks only. Children who choose to take up the daily milk offer are provided with milk alongside their snack.

Lunch time

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and enjoy their meal. We continue to work closely with the school meals service to improve the quality and uptake of school meals.

Children may bring packed lunches to school and, although we accept that it is up to the parents what they may put into their child's packed lunch box, we shall continue to emphasise the importance of a healthy lunch by promoting good practice.

- Parents are encouraged to provide a balanced lunchbox including:

Fruit/vegetables

Starchy food (bread, rice, pasta, potatoes)

Protein (meat, fish, eggs, beans, pulses)

Dairy or alternatives (yoghurt, cheese slices, milk, fortified alternatives)

- Foods we ask families to avoid:

Sweets, chocolate bars, sugary yoghurts, biscuits

Fizzy or sweetened drinks

Choking hazards (whole grapes, cherry tomatoes, cheese cubes, popcorn, whole nuts)

If a child's lunch regularly contains unsuitable items, staff will discuss this privately with parents, never in front of children.

Water in school

- All children have access to free and fresh water throughout the school day.
- Children are encouraged to bring in water bottles and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunches have access to fresh water in the dining room.
- Children have access to free and fresh water on school trips.

Growing Food

The school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition. The school vegetable garden provides the opportunity for children to get involved in growing food. This is used as an opportunity to discuss the issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy diet.

Special Dietary Requirements and Allergies

Vegetarians and Vegans. School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food Allergy and Food Intolerance.

Parents must inform the school of all allergies, intolerances and dietary needs.

All allergy information is shared with staff and displayed in food preparation area.

We take strict care to avoid cross-contamination.

Staff are trained in allergy awareness and emergency procedures (e.g. use of EpiPens).

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Rewards and Celebrations

Our school does not generally use sweets or other foods high in sugar or fat, as rewards for pupils. However, ice-creams and ice poles are distributed for rare special occasions, such as at the Christmas Pantomime and to cool down on Sports Day. Other methods of positive reinforcement are used such as stickers or extra time on the playground.

Parties or celebrations to mark religious or cultural occasions and fund-raising events are exempt from the standards but organisers do consider healthier alternatives where possible.

We celebrate birthdays in fun, inclusive ways (singing, games). To support healthy eating, we ask families not to send in cakes, sweets, or party bags. If children do bring sweets to school for birthdays to share with friends, all members of staff put them in the children's book bags for home time and leave the option up to parents. Families are welcome to contribute non-food items (stickers, a book for the class, bubbles).

School visits

On residential visits we endeavour to ensure that all food provided meets the food and nutritional standards. Parents are told not to send additional sweets and snacks from home and if they are found they are taken from the children and returned to the parents on our return to the school.

Safer Eating Protocols

- A Paediatric First Aid trained member of staff will be present whenever children are eating.
- Allergy information will be collected before admission and regularly reviewed.
- Allergy action plans will be created and updated with parents and healthcare professionals.
- Food will be prepared to prevent choking, and children will be seated safely and supervised closely during meals.
- It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.
- Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom and be encouraged to use insulated packed lunch boxes.
- Catering staff will hold the required food hygiene certificates.
- All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.
- As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

Links with home

We recognise the need to work closely with the parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives. We will share menus and allergen information with parents and encourage healthy packed lunches. Cultural and religious dietary needs will be respected and accommodated.

Monitoring and evaluating

We will continue to monitor and review this policy annually in line with EYFS guidance and public health recommendations. Staff will receive training on allergy awareness and choking prevention. At lunch times, the catering company will ensure meals meet the nutrition standards and staff who manage extended services will monitor the nutrition standards for breakfast and evening snack to ensure the school is compliant with EYFS guidance. We will

create opportunities for discussion with the children, staff, parents and governors through meetings, the school newsletter and questionnaires.