


Food and Nutrition Policy

Woolton Primary School

January 2026



Created January 2026	
Review	Autumn Term 2028
Agreed By Gobs	Spring Term 2026
Signed	

At Woolton Primary School we recognise the important role that food and nutrition play in promoting children's health, wellbeing, and ability to learn. We are committed to providing a positive food culture that supports healthy choices, develops lifelong skills, and meets statutory requirements.

This policy applies to all food and drink provided by the school and brought into school by pupils, staff, or visitors.

Aims and Objectives

This policy aims to:

- Promote healthy eating and drinking habits consistent with national guidance
- Ensure all food provided meets UK School Food Standards
- Support pupils' physical health, emotional wellbeing, and concentration
- Encourage positive attitudes towards food and mealtimes
- Teach pupils about nutrition, food origins, and sustainability
- Ensure inclusion, equality, and safety in relation to dietary needs and allergies

Legal and Guidance Framework

This policy is informed by:

- The School Food Standards (2015)
- EYFS Statutory Framework
- Public Health England / NHS guidance
- Food Safety Act 1990
- Equality Act 2010
- Natasha's Law (Food Information Regulations 2021)

School Meals

Hot School Meals

The school meals are delivered through CMC School Food. CMS ensures that food provision meets government nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. Sandwiches, salads, jacket potatoes, fruit and vegetables are readily available for all. The 'dining experience' of our children at school is continuously monitored with a view to improving the dining room environment and the options provided. The local authority Environmental Health department regularly inspects the school kitchen to make ensure the highest standards are maintained. The school meals service is also audited for compliance with government standards by the Local Authority's Healthy Eating Officer.

- All school meals comply with the **School Food Standards**
Meals provide a balanced selection including:

- Fruit and vegetables (at least one portion per day)
 - Starchy carbohydrates (including wholegrains)
 - Protein sources (meat, fish, eggs, beans, pulses)
 - Dairy or dairy alternatives
- Oily fish is provided at least once every three weeks
 - Fresh drinking water is available at all times

Universal Infant Free School Meals (UIFSM)

- All pupils in **Reception, Year 1, and Year 2** are offered a free school meal daily

Packed Lunches

The school encourages packed lunches to reflect healthy eating principles.

Packed lunches should include:

- Fruit and/or vegetables
- A starchy food (e.g. bread, rice, pasta, wrap)
- A protein source (e.g. meat, fish, egg, beans)
- Dairy or dairy alternative
- Water, milk, or unsweetened juice (small carton)

Packed lunches should not include:

- Fizzy drinks
- Sweets or chocolate bars
- Highly salted foods/snacks
- Products containing nuts:
- High-sugar or high-fat snack foods

All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag. The school may contact parents/carers if packed lunches regularly do not meet these guidelines.

Snacks and Drinks

- **EYFS and KS1** pupils participate in the **School Fruit and Vegetable Scheme**
- **KS 2** may bring in healthy snacks such as fruit, vegetables, yoghurt, crackers.
- Water bottles are encouraged and should contain **plain water only**
- Fizzy drinks, energy drinks, and flavoured waters are not permitted

Food Education and Curriculum

Food and nutrition education is embedded across the curriculum through:

- **Design and Technology (Cooking and Nutrition)**
- **Science** (healthy bodies, digestion, plants)
- **PSHE** (healthy lifestyles, wellbeing)
- Practical cooking experiences where appropriate
- Teaching about cultural diversity, food origins, and sustainability

Special Diets, Allergies, and Medical Needs

- The school works closely with parents/carers to meet medical, cultural, and religious dietary needs
- Medical diets require written confirmation and, where necessary, a healthcare plan
- Allergen information is clearly communicated
- Staff receive training on allergy awareness and emergency procedures
- The school may operate **nut-aware** or other risk-reduction practices where appropriate

Food Safety and Hygiene

- All food preparation follows food hygiene regulations
- Staff involved in food handling hold appropriate food safety training
- Pupils are taught good hygiene practices, including handwashing
- Lunch areas are clean, calm, and supervised

Celebrations, Rewards, and Events

- Food is not routinely used as a reward
- Non-food rewards are encouraged
- Celebrations and special events promote balance and moderation, food may
- Where food is shared, healthier options are encouraged
- Birthday celebrations children may bring in sealed treats which children may take home to consume.

Equality and Inclusion

This policy supports equality by:

- Respecting cultural, religious, and ethical food choices
- Ensuring no child is disadvantaged due to dietary needs
- Promoting positive body image and avoiding food shaming

Roles and Responsibilities

The Governing Body:

- Approves and reviews the policy

The Headteacher:

- Ensures the policy is implemented consistently

Staff:

- Promote healthy eating and model positive behaviour

Parents/Carers:

- Support the school's approach to healthy eating

Pupils:

- Are encouraged to make healthy choices and respect others

Monitoring and Review

- This policy will be monitored by senior leaders
- It will be reviewed every **[2–3] years** or in response to changes in guidance