



## **GRANGE INFANT SCHOOL** **WHOLE SCHOOL FOOD POLICY**

### **Aim**

This policy has been developed and aims to ensure that our school provides an environment that:

- Encourages healthy food and eating, and helps our children make healthy food choices
- Food allergies and dietary needs are managed effectively
- Younger children are kept healthy and safe by meeting the Early Years Foundation Stage (EYFS) statutory framework standards around food and nutrition
- Food safety and hygiene practices are followed, including proper food preparation to prevent choking
- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy nutritious, safe food and drink
- Set rules around food brought in from home

### **Legislation and guidance**

This policy is based on the following legislation:

- [Early years foundation stage \(EYFS\) statutory framework](#)
- [The Requirements for School Food Regulations 2014](#)
- [Food Information \(Amendment\) \(England\) Regulations 2019](#)

It is also based on the following Department for Education (DfE) guidance:

- [Early years foundation stage \(EYFS\) nutrition guidance](#)
- [School Food Standards practical guidance](#)
- [Allergy guidance for schools](#)

This policy also follows guidance provided by our local authority school meal supplier, Chartwells, part of Compass Group UK & Ireland, (Chartwells) under a managed contract.

<https://www.chartwells.co.uk/primaries/>

### **Responsibilities of the school**

The governing board and headteacher will make sure that this food and nutrition policy is properly implemented, and that food preparation, provision and nutrition procedures are followed in accordance with this policy. All staff are responsible for following the policy and ensuring the health and safety of the children.

### **Responsibilities of parent/carers**

We work in partnership with parents/carers to make sure all children receive appropriate and nutritious food while at school.

We ask all parents/carers to:

- Inform the school of any allergies, medical dietary needs, food intolerances and religious or cultural dietary requirements. Include when they should do this
- Encourage their child to try a variety of foods and eat a balanced diet at home and in school
- Give their child a healthy breakfast before arriving at school, unless they are attending breakfast club
- Read and respond to food-related communication, including school menus

- Keep the school informed of any changes to their child's dietary needs, progress with eating, and/or any other concerns or information around their eating
- Take note of the school's scheduled mealtimes (see section 7) and understand that food will only be provided to pupils who are present at these times.

### **Communicating with parents/carers**

We tell parents/carers promptly if our staff notice any issues with their child's food consumption or habits at school, such as:

- Significant changes in eating habits, such as consistently eating very little food or showing a sudden aversion to certain foods or food groups
- Specific food-related problems, such as having trouble chewing or swallowing
- Concerns about wellbeing, such as a child's eating habits appearing to affect their mood, energy level or general wellbeing

We work together with parents/carers to address any problems promptly.

### **Sourcing food and ingredients**

Our school dinners are cooked off site at Grange Junior School and transported to the school servery daily. We work with together with the Junior School and Chartwells to provide healthy and nutritious meals. We collaborate with our catering partners and by:

- Reviewing menus, discussing feedback, and plan future requirements
- Carrying out regular checks to make sure the food provided is of a high standard, meets all relevant nutritional guidance, and is prepared safely and hygienically
- Our food caters to the dietary requirements that our pupils have

The contract with our catering provider is reviewed by Hampshire County Council to make sure we receive the best possible service and value for money. In buying food and ingredients, our catering company follow the government's guidance on sustainable procurement. Where possible, our catering company buy seasonal and local food, and fish from verifiably sustainable.

### **School Lunches**

The school will provide free school meals to all pupils based on the 4 main food groups:

- Fruit and vegetables
- Potatoes, rice, pasta and other starchy carbohydrates
- Dairy or dairy alternatives
- Beans, fish, pulses, eggs, meat and other protein sources

All school lunches will be prepared following the government's nutritional and sustainable guidelines. There will be a flexible choice of whether to have school dinners or not – no need to book in advance, but we ask parents/carers to talk to their children before school and look at the menu choices to encourage uptake of a free hot meal during the school day.

Our menus are:

- Planned over a 3-week rolling programme to make sure all meals are balanced, varied and nutritious, and include different foods and textures, including global cuisines
- Offering 4 delicious options every day to foster greater engagement with tastes and ingredients. Each dish contains at least 2 portions of fresh fruit and vegetables, one carbohydrate source and one form of protein
- Planned to include substitutions and replacement ingredients for pupils with special dietary requirements
- Updated bi-annually, with sustainable, nutrient-rich ingredients
- Shared electronically directly to all our families termly, published on the school website and posted on the school classroom windows and playground notice boards for visual access in order our parents/carers can:

- Provide allergen information
- Help them balance food at home by providing varied meals
- Reassure them that their child is getting an appropriate, varied, nutritious and balanced diet at school
- Seek their feedback, particularly regarding cultural preferences

### **Eating arrangements**

Children will be able to sit with class friends. They will have access to fresh drinking water throughout lunch service and they can bring in fruit juice or squash, in addition to their class water bottle, to be drunk with their lunch. We have a queuing system with a rotation of sittings and the lunch hall will be made as pleasant as possible to encourage good social interaction. The school will display on the hall projector a daily presentation through Philosophy for Children (P4C) which is a structured teaching approach where pupils engage in dialogue, fostering caring, collaborative, creative, and critical thinking. It boosts communication, confidence and attainment.

### **Providing food and drink at school**

We follow the School Food Standards, except in relation to food provided in the following circumstances, to which the standards do not apply:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- As rewards for achievement, good behaviour or effort
- When teaching food preparation and cookery skills, including when the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents/carers or pupils

### **Playtime snacks**

- The school provides fruit and/or vegetable snacks for playtimes.
- Staff will model eating fruit at playtime.
- Children on special diets will be given consideration with consultation in accordance with government policy on nutrition.

### **Home packed lunches**

We share our food and nutrition policy with parents/carers via the school website information pages to help them understand our requirements and encourage healthy choices for packed lunches, and any other food brought from home.

The school will provide facilities for pupils bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. The school will work with the pupils to provide attractive and appropriate dining room arrangements.

Parents will be advised:

- They are encouraged to provide packed lunches in insulated bags with freezer blocks, to stop the food going off. (There is no fridge space in school.)
- That the packed lunch is to contain no more than one chocolate- based item, packet of crisp or similar savoury snack.
- That the packed lunch should not contain sweets.
- That the packed lunch should contain a starch-based carbohydrate – this provides the children with energy, at least one piece of fruit or vegetable.
- That children will have access to fresh drinking water.
- That children can bring in fruit juice or squash, in addition to their class water bottle, to be drunk with their packed lunch.
- That any food left in lunchboxes will be sent home so they can monitor how much their children are eating.
- There will be no swapping of food.

## **Water**

The school will encourage pupils to drink water at frequent intervals throughout the day. Children should all have a water bottle in school, as part of their basic equipment. Children will have easy access to fresh drinking water throughout the school day.

- Fresh water will be available to all children throughout the day
- Children must have a named, bottle of water in class every day
- Water will be freely available at lunchtime
- Water bottles will be taken home at the end of the day to be washed
- After physical activity and during hot weather, children will be encouraged to drink more water
- The plastic bottles **must** contain only water – this should not be flavoured water
- Water bottles can be purchased from the school office

## **Milk**

The school provides a free daily carton of milk to all pupils under the age of 5. Parents of older children may order milk online at [www.coolmilk.com](http://www.coolmilk.com) which will be delivered to school.

## **Curriculum – Learning about food**

The policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE), design and technology (D&T) and science curriculum.

- As part of topic work children will have opportunities to taste, cook and prepare food.
- Children will be made aware of the healthy eating policy throughout the curriculum
- Healthy eating messages will be taught as part of looking after yourself
- There will be consistent messages across the curriculum about healthy eating
- Healthy foods will be actively promoted through regular tasting sessions
- All children will learn and apply the principles of food hygiene
- Children will learn and apply the principles of a balanced diet and how diet affects health

Our curriculum includes engaging food-related activities including:

- Preparing simple foods such as fruit kebabs
- Planting easy-to-grow seeds, such as cress, strawberries

## **Safety and hygiene**

Our staff/staff at our catering company use our food preparation area to prepare meals, snacks and drinks. The area includes suitable facilities for hygienically preparing younger children's food, and sterilising equipment. Staff with responsibility for food preparation and handling are competent and receive food hygiene training. All staff wash their hands regularly, particularly after helping unwell children or handling their belongings.

## **Safer eating**

While eating, pupils are always supervised and within sight and sound of a suitably qualified staff member. Food is prepared in a suitable way for each child's developmental needs, and cutting food appropriately (e.g., cutting carrots into narrow batons to prevent choking).

When eating all children will be supervised, seated safely (e.g., in an appropriately sized chair), within sight and hearing of staff.

We offer children with physical, developmental, or sensory issues affecting their eating, small group and /or one-to-one supervision in consultation with parents/carers and health professionals. We provide a separate eating area to the main hall to support their individual needs.

## **Paediatric first aiders**

At least 1 member of staff with a current paediatric first aid certificate is always in the room when children are eating. Any medicines are given to children as needed and in accordance with our

Medicines Policy which is published on our school website and is available for all staff to access on the school network system. This is updated and shared annually with all staff and governors.

### **Offering the allergen aware menu**

Chartwells offer two medical diet menus – Allergen Aware and Bespoke. Their Allergen Aware menu is free from the majority of the 14 legal allergens and is aligned closely with the school's menu. If a pupil has allergens outside the 14 legal allergens Chartwell will offer a Bespoke menu that is tailored to their individual needs. More information on the 14 allergens can be found here: <https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#allergens>

### **Managing allergies, food intolerances and other special dietary requirements**

See our Supporting Children with Medical Conditions and Allergy policies.

### **Celebrations**

If parents/carers, visitors, volunteers or school staff wish to bring in food for special occasions, we ask that they only do this on 1 of the following:

- For their own birthday (staff)
- When asked to by the school
- When it has been agreed in advance with [insert job role and how to contact them]
- Food brought into school must not contain nuts.

We ask that where possible, they provide healthy birthday celebration options (e.g., fruit platters) or non-edible items (e.g., stickers) to share with the children, to promote consistent healthy eating messages.

### **Supporting Policies**

Allergy

Administration of Medicines

First Aid

Health & Safety

Supporting Children with Medical Conditions

### **Assessment, Monitoring, Evaluation and Reviewing**

The SLT and DT Leader will monitor, review and evaluate the policy in order to lead the school community. The school will link with the school caterer, to ensure high-quality cooked meals, which meet government nutritional standards, are available. The school will seek the support of a range of agencies, including nutritionists, oral health nurses and dieticians, to enhance the taught curriculum.

This policy will be reviewed annually.

Date reviewed: April 2026

Date for next review: April 2027