



## 1. Introduction

This policy outlines Consett Infant School's approach to food and nutrition, ensuring the health and well-being of all children in our care. It aligns with the Early Years Foundation Stage (EYFS) framework, nutritional guidance, and relevant legislation. This policy recognises the importance of providing nutritious food and promoting healthy eating habits from an early age.

## 2. Aims

This policy aims to:

- Promote healthy eating habits and a balanced diet for all children.
- Ensure that all food provided by the nursery is nutritious, safe, and meets dietary requirements.
- Support parents in providing healthy packed lunches.
- Provide a consistent approach to food and nutrition across the school
- Comply with all relevant legislation and guidance.
- Raise awareness among staff, parents, and children about the importance of healthy eating.

## 3. Legal Framework and Guidance

This policy is informed by the following legislation and guidance:

- The Early Years Foundation Stage (EYFS) framework.
- School Food Regulations 2014 (applies to food and drink provided on school premises up to 6pm)
- Guidance on safer food, better business for childminders (useful for schools)
- Allergen Regulations
- Department for Education (DfE) guidance on providing healthy food in schools.
- Food Standards Agency (FSA) guidance on food safety and hygiene.
- Local Authority guidelines on food safety and nutrition.

## 4. Roles and Responsibilities

- **Headteacher/Leadership Team:** Overall responsibility for the implementation and monitoring of this policy.



- Overseeing the nutritional content of snacks and breakfast/after-school provision, disseminating information to staff, and supporting children with specific dietary needs.
- **Staff:** Implementing the policy in their daily practice, promoting healthy eating, and ensuring food safety.
- **Parents/Carers:** Providing healthy packed lunches, informing the nursery of any dietary requirements or allergies, and supporting healthy eating habits at home.
- **Governors:** Monitoring the effectiveness of the policy and ensuring adequate resources are allocated.

## 5. School Meals

Our school meals are provided by the catering firm Chartwells and cooked freshly on site each day using balanced, and sustainably prepared recipes. Each day the children choose from a range of healthy meals, salad and fruit.

The Chartwells nutrition team specialise in food education, sustainability and medical diets. Chartwells promise to analyse every aspect of their education catering services and prioritise the nutritional profiles of the ingredients on our children's plates each day. They recognise that eating well supports brain development, strengthens the immune system, and increases energy levels – all helping children to show up ready and wanting to learn.

They provide themed days throughout the year to get children engaged with new menus, experience new cultures, and associate nutritious food with fun. They also update their menus twice a year, making sure they reflect pupils' changing dietary requirements, incorporate sustainably sourced ingredients, and remain highly nutritious.

Chartwells consistently look for opportunities to put health and wellbeing at the heart of the food offer for our children – whether it's by reducing the sugar in our school desserts by more than 30%, creating thousands of allergy free menus for those with food allergies and intolerances each term or promoting healthy food choices to children.

## 6. Packed Lunches

Although we offer cooked meals each day which are free, we recognise that some children prefer to bring a packed lunch. To support healthy eating, we encourage parents/carers to:



- Include a variety of food groups in the lunchbox, such as fruits, vegetables, protein, and carbohydrates.
- Avoid sugary drinks, sweets, and processed snacks.
- Provide water as the main drink.
- Clearly label all lunchboxes with the child's name and any allergy information.

The school will:

- Provide a supportive environment for children to eat their packed lunches.
- Encourage children to eat their vegetables and fruit.
- Discourage the sharing of food due to allergies and dietary requirements.
- Provide guidance and support to parents/carers on healthy packed lunch ideas.

## 7. School-Provided Food (Snacks, Breakfast & After-School)

Consett Infant School offers children a piece of fruit each day during playtime. We also provide food for children who attend breakfast and after school childcare. All food provided by the school will:

- Be nutritious and contribute to a balanced diet.
- Meet the School Food Regulations 2014 (where applicable).
- Be prepared and stored safely, following food hygiene guidelines.
- Cater to the dietary requirements and allergies of all children.
- Be age-appropriate and minimise the risk of choking.

Examples of snacks provided:

- Fruits (e.g., apples, bananas, grapes)
- Vegetables (e.g., carrot sticks, cucumber sticks)
- Breadsticks with hummus
- Yoghurt (low sugar)
- Cheese cubes

Examples of food provided at Breakfast and After-School Club:

- Toast with a variety of toppings
- Sandwiches
- Crumpets
- Cereal
- Fruit
- Vegetables

## 8. Food Allergies and Intolerances



Consett Infant School is committed to providing a safe environment for children with food allergies and intolerances. We will:

- Obtain detailed information about each child's allergies and intolerances upon enrolment.
- Develop individual care plans for children with allergies, in consultation with parents/carers and healthcare professionals.
- Share all relevant information to Chartwell staff to ensure school meals are prepared appropriately
- Ensure that all staff are aware of children's allergies and how to respond in an emergency.
- Clearly label food/drink provided by parents of children with allergies with the child's name.
- Implement procedures to minimise the risk of cross-contamination.
- Provide allergy awareness training for all staff.

## **9. Food Safety and Hygiene**

Consett Infant School is committed to maintaining high standards of food safety and hygiene. We will:

- Ensure that all staff who handle food have appropriate training in food hygiene.
- Follow strict handwashing procedures.
- Clean and sanitise food preparation and eating areas regularly.
- Store food at the correct temperature.
- Dispose of food waste safely.
- Comply with all relevant food safety legislation and guidance.

## **10. Promoting Healthy Eating**

Consett Infant School actively promotes healthy eating through:

- Providing opportunities for children to learn about healthy food choices.
- Encouraging children to try new foods.
- Involving children in food preparation activities
- Using positive language and role modelling healthy eating habits.
- Working in partnership with parents/carers to reinforce healthy eating messages at home.

## **11. Training and Development**

All staff will receive training on food safety, allergy awareness, and promoting healthy eating. This training will be updated regularly.



## 12. Monitoring and Review

This policy will be reviewed annually by the leadership team, in consultation with staff, parents, and governors. The review will consider:

- The effectiveness of the policy in promoting healthy eating.
- Compliance with relevant legislation and guidance.
- Feedback from stakeholders.
- Any incidents or concerns related to food and nutrition.

## 13. Communication

This policy will be made available to all staff, parents, and carers. Information about food and nutrition will be communicated through:

- Newsletters
- Parent meetings
- The school website
- Displays in school

## 12. Equality and Inclusion

Consett Infant School is committed to ensuring that this policy is inclusive and equitable. We will:

- Consider the diverse cultural and religious backgrounds of our children and families.
- Cater to the individual dietary needs of all children.
- Provide support and resources to families who may face barriers to healthy eating.