Food and Nutrition Policy

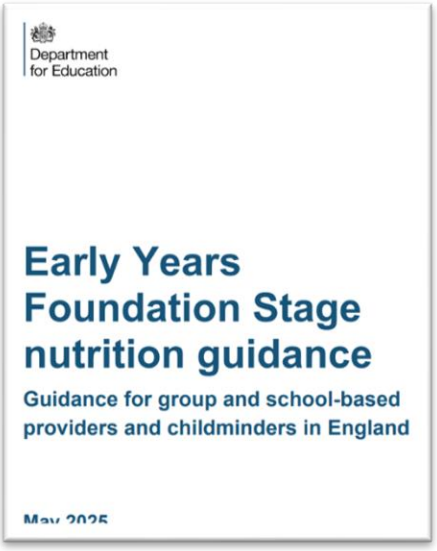
(Including Healthy Packed Lunch information and Parent/Carer Agreement)

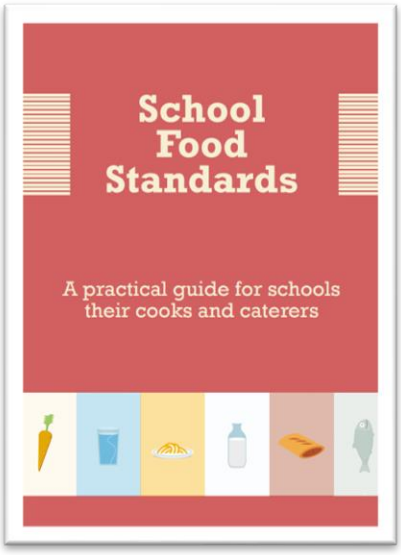
Policy Document Status			
Date of Policy Creation	June 2025	**Chair of Governors**	Gill Stubbs
Adoption of policy by Governing Board	9 July 2025	**Executive Headteacher**	Jenny Gascoigne
Inception of new Policy	10 July 2025	**Governor/Staff Member Responsibility**	Linzi Garner
Date of policy review	June 2027	**Day Care Manager**	Shelley Thursfield

Introduction

The government has made it a priority to ensure that every child is supported in leading a healthy lifestyle. For further details, refer to the *Early Years Foundation Stage Nutrition Guidance*.

School Food Standards are designed to help children develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day.





Healthy eating plays a crucial role in helping children to:

- ✓ Be fit and healthy both now and in the future
- ✓ Learn more effectively and behave appropriately
- ✓ Grow properly by receiving a nutritionally balanced diet
- ✓ Develop positive eating habits that can influence long-term lifestyle choices

Early Years Settings and Schools have a powerful influence on children's health and well-being. By promoting nutritious choices, these settings can make a meaningful contribution to improving children's overall development.

Good nutrition in early childhood is essential in preventing a range of health issues, both in the short term and later in life. There is growing concern that many children consume excessive amounts of fat, sugar, and salt, while not getting enough fibre, fruits, and vegetables.

Short-term effects of an unhealthy diet may include:

- Poor growth
- Tooth decay
- Obesity
- Anaemia
- Constipation
- Difficulty concentrating
- Behavioural challenges that can impact learning

Long-term effects may include an increased risk of:

- Stroke
- Cancer
- Heart disease
- Diabetes in adulthood

School Lunches

Nursery and School lunches can account for nearly a third of a child's weekly food intake, making it crucial that they are balanced and nutritious. This policy provides examples of healthy lunchboxes and outlines what they should contain. It also includes a parent/carer agreement to help ensure that packed lunches from home meet these nutritional standards

Aims

• To encourage healthy eating habits from an early age and improve the overall nutrition of children.

• To develop an awareness in children, parents, staff and the wider community that is a pro-active approach to promote nutrition and healthy eating.

• To encourage healthy eating habits in childhood that can influence health and well - being in later life.

• To ensure that the content of packed lunches meet minimum food and nutrition standards for school meals and are packed safely, are healthy and consumed around a positive dining experience.

School Food Standards (SFS)

At Wrockwardine Wood Infant and Nursery School and Oakengates Nursery, we follow the **School Food Standards (SFS)** to ensure that all food and drink provided during the school day – including breakfast clubs, mid-morning snacks, and after-school care (up to 6 pm) – support children's health and wellbeing.

The SFS outline:

- Which foods and drinks **must be provided**
- Which items are **limited or restricted**
- Which foods and drinks **must not be offered**

These standards are mandatory for all maintained schools, academies, free schools, and nursery schools within a primary school setting.

How We Apply the Standards in Our Setting

We are committed to delivering meals and snacks that meet both the School Food Standards and the Early Years Foundation Stage (EYFS) nutritional guidance. This ensures our youngest children (ages 1–5) receive balanced, age-appropriate food throughout the day.

Key Areas of Focus:

- ✓ **Portion Sizes**
  We follow the SFS guidance on appropriate portion sizes for children aged 1–5, helping to support healthy growth and development.
- ✓ **Dietary Requirements**
  We cater to a range of dietary needs, including allergies, intolerances, coeliac disease, and other medical or cultural requirements.
- ✓ **Parental Communication**
  We work closely with parents and carers to ensure that each child's dietary needs are clearly understood and met.
- ✓ **Food and Nutrition Policy**
  Our food and nutrition policy ensures we meet all required standards while promoting positive, lifelong eating habits.
- ✓ **Food from Home**
  We provide guidance to parents on suitable packed lunches or snacks to make sure all food brought from home aligns with our healthy eating standards.
- ✓ **Cost-Effective Healthy Choices**
  We aim to provide nutritious food options that are also affordable for families and the school.
- ✓ **Food Education**
  We incorporate fun, age-appropriate food-related activities to help children learn about healthy choices and enjoy trying new foods.
- ✓ **Respecting Faith and Culture**
  We accommodate dietary needs based on religious or cultural beliefs and ensure these are respected in all meal planning.
- ✓ **Safe Management of Special Diets**
  We take extra care in preparing and serving food for children with allergies or other medical needs, preventing cross-contamination and ensuring safety at all times.

Guidance from birth to 1 Year

Babies aged 0-6 months

- All babies will be fed responsively, according to their individual hunger and fullness cues.
- Feeding routines will reflect the baby's home pattern as closely as possible, based on information provided by parents and carers.
- Babies will be supported to feed at their own pace and never forced to finish a feed.
- Staff will be trained to recognize signs of hunger (e.g. mouth opening, rooting, lip smacking) and fullness (e.g. turning head away, pushing bottle away, splayed fingers and toes).

Breastfeeding

- Exclusive breastfeeding is recommended for around the first 6 months of life.
- Continued breastfeeding should be supported throughout the first year and beyond, as long as the parent and baby wish to continue.
- We will provide:

- A quiet, comfortable area for breastfeeding.
- Support for parents who provide expressed breastmilk.
- Access to evidence-based information and resources, such as those from NHS Start for Life: information and advice on breastfeeding.

Infant Formula

- If a baby is not breastfed, a first infant formula should be provided, unless otherwise directed by a healthcare professional.
- Formula must be prepared safely:
  - Staff will follow NHS guidelines on sterilising equipment and preparing feeds using boiled water (no cooler than 70ºC).
  - Bottles and teats must be sterilised and prepared hygienically to reduce the risk of infection.
  - Instructions on formula packaging must be followed exactly.

Introducing Solid Foods (6–12 Months)

- Solid foods will be introduced from around 6 months of age, in consultation with parents and only when the baby is developmentally ready.
- Readiness indicators include:
  - Ability to sit upright and support their own head.
  - Coordination to bring food to their mouth.
  - Ability to swallow food.
- Solid foods will be introduced gradually alongside breastmilk or infant formula.
- Staff will work closely with families to understand which foods have been introduced at home and monitor for potential allergies.
- NHS Start for Life has advice on how to start weaning. The Food Standards Agency has 2 posters on how to prepare food safely to avoid choking.

Food Preparation and Safety

- Fresh food will be prepared on site wherever possible. Pre-packaged foods (e.g., pouches) will be avoided.
- A variety of flavours and textures will be introduced, beginning with pureed vegetables and progressing to mashed and finger foods.
- Food will be cut appropriately to avoid choking hazards (e.g., halving grapes lengthwise). Further guidance 'The Solid Food road map'.
- Gradually increase the amount and variety of the different food groups, 'The 4 food groups'.
- Staff will follow food hygiene standards and supervise babies at all times while eating.

Drinks and Fluids

- The only drinks offered to babies aged 6–12 months will be:
  - Breastmilk
  - First infant formula
  - Water (offered from an open or free-flow cup at mealtimes)
- Follow-on formulas and toddler milks will not be promoted unless recommended by a qualified health professional.

Foods to Avoid

Staff will ensure the following foods are not given to babies:

- Added salt or sugar
- Honey (under 12 months)
- Whole nuts, popcorn, jelly cubes, or other choking hazards
- Raw or lightly cooked shellfish or eggs (unless stamped with the British Lion mark)
- Foods high in saturated fats, sugars, or salt
- Mould-ripened or unpasteurised cheeses
- Rice drinks or slush ice drinks

Parental Engagement and Monitoring

- Parents and carers will be regularly consulted on feeding preferences, routines, and developmental progress.
- A daily care plan will record feeding times, types of food and drink offered, and any concerns or observations.
- Any allergies, intolerances, or dietary needs will be clearly documented and communicated to all relevant staff.

Typical daily feeding patterns

Typical daily feeding patterns for babies aged 7-9 months and 10-12 Months

Meal	7-9 months	10-12 months
Breakfast	Breakfast (blended or mashed with soft lumps depending on development), served with a finger food.	Breakfast (chopped or minced as needed), served with a finger food.
Lunch	Main dish (blended or mashed with soft lumps depending on development), served with a finger food.	Main dish (chopped or minced as needed), served with a finger food. Second dish.
Tea	Main dish (blended or mashed with soft lumps depending on development), served with a finger food.	Main dish (chopped or minced as needed), served with a finger food. Second dish.
Breastmilk or first infant formula	Typically, 4 milk feeds daily (for example on waking, after lunch, after tea, before bed) totalling approximately 600ml/day	Typically, 3 milk feeds daily (for example after breakfast, after lunch, and before bed) totalling approximately 400ml/day for formula fed

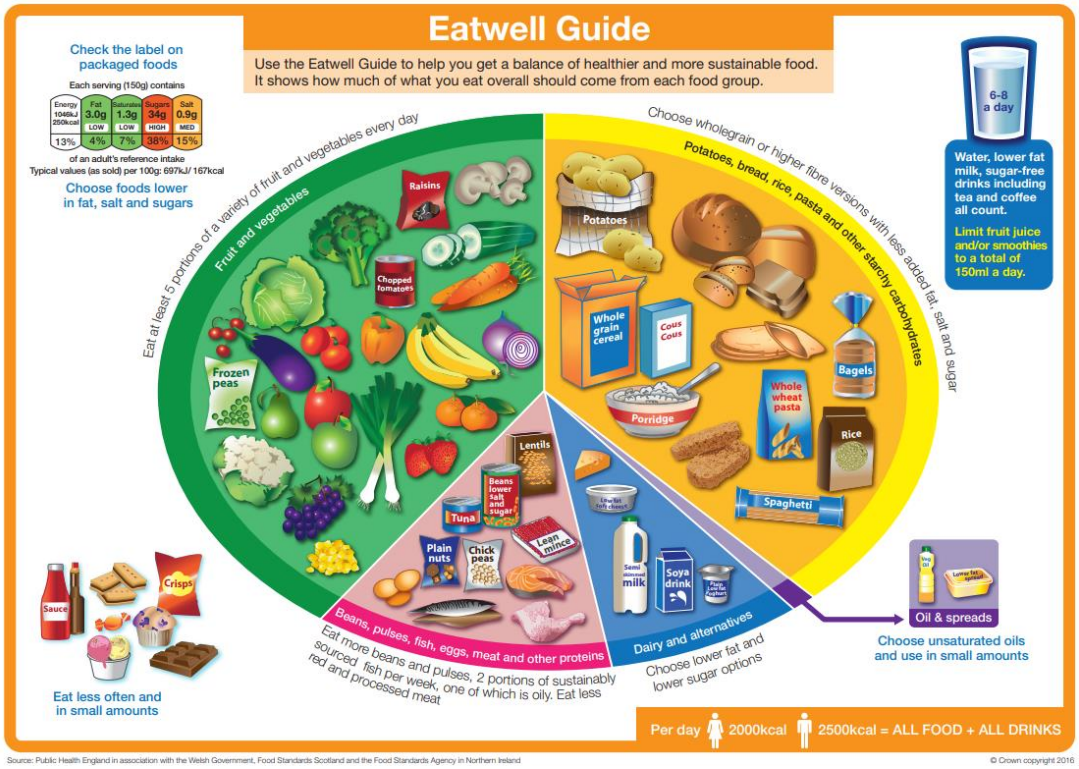
	for formula fed babies. Breastfed babies should be fed responsively, and it is not necessary to monitor intakes of breastmilk. Ongoing discussions with parents and/or carers can help you to understand how much milk each child needs.	babies. Children should be fed responsively. Ongoing discussions with parents and/or carers can help you to understand how much milk each child needs.

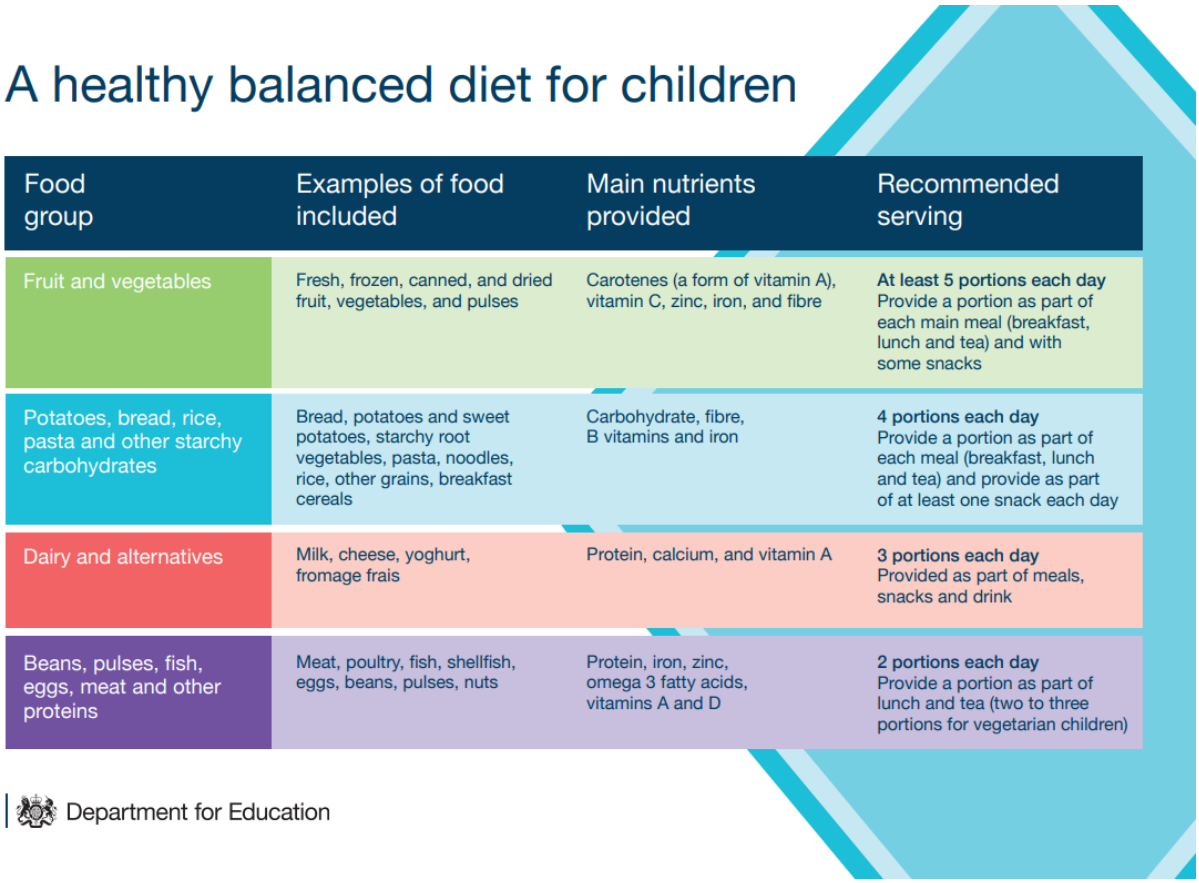
Food Provision (Nursery/School Meals)

In our setting we follow the principles of the Eatwell Guide, which outlines the importance of a healthy balanced diet using the four main food groups:

1. **Fruit and Vegetables** – Provided daily in a variety of forms (raw, cooked, fresh, frozen).
2. **Starchy Carbohydrates** – Such as potatoes, bread, rice, and pasta, included in every meal.
3. **Dairy and Dairy Alternatives** – Served throughout the day to support calcium and vitamin D intake.
4. **Protein Foods** – Including beans, pulses, fish, eggs, meat, and alternatives, rotated regularly to provide variety and nutrients.

Meals and snacks are planned to ensure all four groups are represented over the course of each day and week.





A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	**At least 5 portions each day** Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	**4 portions each day** Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	**3 portions each day** Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	**2 portions each day** Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

Department for Education

Meal and Snack Times

- Children eat together in small groups to promote social skills and peer learning.
- Staff model positive eating habits and supervise all children when eating and encourage children to try new foods. As stated in the statutory Framework for the EYFS 2025 children must always be within sight and hearing of a member of staff whilst eating. Where possible, a member of staff will sit facing children whilst they eat so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
- We create a calm, enjoyable mealtime environment where children can explore different tastes and textures at their own pace.

Food Preparation and Safety

- All food is prepared in accordance with Food Standards Agency guidelines to minimise choking risks.
- We use recommended techniques for cutting and serving food safely for young children.
- Staff are trained in food hygiene and child safety practices.

Managing Allergies and Dietary Requirements

- We gather comprehensive dietary and allergy information for every child upon enrolment.
- Staff are trained in allergy awareness and emergency procedures.

- All meals and snacks are clearly labelled and prepared with cross-contamination precautions.

Guidelines for Food and Drink in our Setting

- **Provide:** A variety of nutritious foods from each of the four food groups daily.
- **Limit:** Foods high in sugar, salt, and saturated fats, such as cakes, crisps, and sugary drinks.
- **Avoid:** Foods and drinks not suitable for young children, especially those that pose choking hazards or are high in additives and sweeteners.
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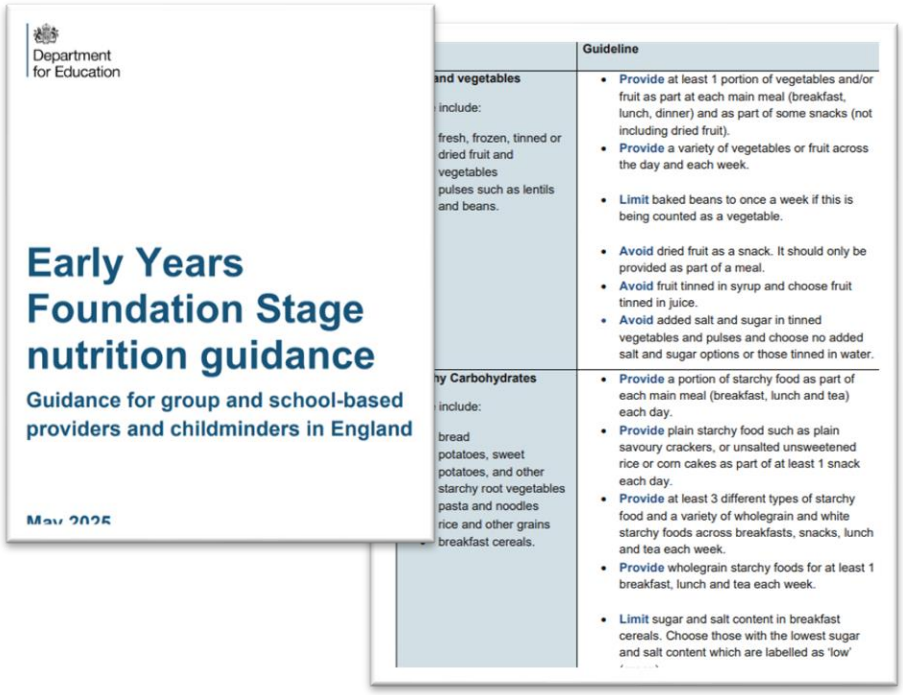
See Food and drink guidelines from the EYFS Food and Nutrition Guidance 2025 in Appendix


Department for Education

Early Years Foundation Stage nutrition guidance

Guidance for group and school-based providers and childminders in England

May 2025

	Guideline
and vegetables include: fresh, frozen, tinned or dried fruit and vegetables pulses such as lentils and beans.	• Provide at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit). • Provide a variety of vegetables or fruit across the day and each week. • Limit baked beans to once a week if this is being counted as a vegetable. • Avoid dried fruit as a snack. It should only be provided as part of a meal. • Avoid fruit tinned in syrup and choose fruit tinned in juice. • Avoid added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.
hy Carbohydrates include: bread potatoes, sweet potatoes, and other starchy root vegetables pasta and noodles rice and other grains breakfast cereals.	• Provide a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day. • Provide plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day. • Provide at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week. • Provide wholegrain starchy foods for at least 1 breakfast, lunch and tea each week. • Limit sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low'

Portion Sizes for Children Aged 1 to 5 Years

At our setting, we are committed to promoting healthy eating habits by offering appropriately sized portions for children aged 1 to 5 years. We understand that young children have different nutritional needs and smaller appetites than adults, and we tailor portion sizes to reflect this.

Understanding Portion Sizes

A portion refers to one component of a meal – such as a serving of vegetables, carbohydrates, or protein. While there are no strict national guidelines for portion sizes in early years, we follow best practice recommendations based on children's age, size, and appetite.

General Guidelines

- **Toddlers (1–3 years)**: Portions are roughly the size of the child's clenched fist.

- **Snacks**: Typically, a snack might be half a piece of fruit (suitably cut) or a tablespoon of cooked vegetables.
- **Meals**: We begin with small servings and encourage children to ask for more if they are still hungry.

Examples of Portion Sizes

- **Vegetables**: Around 1 tablespoon per serving
- **Fruit**: Half a small piece (e.g., half a banana or sliced apple)
- **Starchy foods**: A small portion, such as 1/4 slice of bread or 2–3 tablespoons of rice or pasta

Monitoring Appetite and Encouraging Healthy Habits

- We observe each child's appetite and adjust portion sizes as needed.
- Children are never pressured to finish everything on their plate.
- We do not use food as a reward or offer incentives (such as stickers or dessert) for eating. This supports the development of a healthy relationship with food.

Food Safety

- All food provided is cut and prepared appropriately for each child's age and stage of development to reduce the risk of choking.
- We follow the Food Standards Agency's guidance on safe food preparation and serving.

Menu Planning for School Meals

At our school, we are committed to providing nutritious and balanced meals that support the health and well-being of every child, we work closely with *Telford and Wrekin Let's Dine* to provide our school meals. Pupils in reception and key stage one will be supported to take -up their universal infant free school meal entitlement.

- **Freshly Cooked Meals:** We have an excellent school kitchen that provides freshly cooked meals for the children every day. Our school meals include a range of freshly prepared and seasonal recipes, making them a great healthy option for children.
- **Nutritional Standards:** All school menus are planned thoughtfully to meet recommended nutritional guidelines. Meals include a variety of food groups to ensure children receive a well-balanced diet.
- **Variety and Balance:** Menus offer a diverse range of meals to encourage healthy eating habits and cater to children's different tastes and preferences.
- **Dietary Requirements:** We are inclusive of children with special dietary needs. Appropriate substitutions and alternatives are provided to accommodate allergies, intolerances, cultural requirements, or other specific dietary needs.
- **Drinks:** We will provide children with only fresh tap water and plain milk to drink and children with access to water throughout the day. Children can bring their own water bottle, but it must only have plain water inside.

Please note that NO sugary drinks (including flavoured water, fruit juices, squash and Smoothies) in the settings.

Example Menu:

Breakfast Club (Wrap Around Care)
Our before school wrap around care is open to all children in school and is managed by a team of wraparound assistants who are also lunchtime supervisors. Pupils attending our wrap around care provision before school are provided with the following, which meet the national school food standards:

- Milk
- Water
- Whole grain cereal green label
- Brown toast

Curriculum

At our school, we fully respect and support the individual food choices of families, recognising that dietary needs and preferences vary widely. However, we are committed to working in partnership with parents to educate children about healthy eating and to encourage lifelong, informed food choices.
Through a strong focus on understanding what constitutes a balanced diet, we aim to help pupils develop a lasting appreciation for a healthy lifestyle. This education is delivered across the formal curriculum, particularly within Personal, Social, Health and Economic Education (PSHE), Science, and Design Technology.
In addition, our PSHEE (Personal, Social, Health, Economic and Emotional) programme, *Keeping Ourselves Happy, Healthy and Safe*, supports children in

learning how to make healthy, responsible decisions that promote both physical and emotional wellbeing. Our broader **RSHE (Relationships, Sex and Health Education)** curriculum also plays an essential role in promoting health and wellbeing.
We value your support in reinforcing these messages at home and working together to promote the health and wellbeing of all our pupils.

Planning Food Activities
Cooking is a wonderful learning experience for young children and plays an important role in helping them build a positive relationship with food both in our setting and at home. Engaging in food-related activities can foster creativity, independence, and an understanding of healthy eating habits
In our setting we plan carefully for educational food experiences through design and technology, science and our PSHE program.

Communicating with Parents and/or Carers

At our setting, we recognise that working closely with parents and carers is vital in promoting healthy, balanced, and nutritious eating habits for every child. We are committed to fostering strong, open communication to ensure consistency between the setting and home.

In accordance with the Early Years Foundation Stage (EYFS) framework, each child is assigned a key person who develops a trusting and supportive relationship with both the child and their family. This relationship is fundamental to understanding and meeting the child's individual needs, including their dietary and nutritional requirements.

The key person will maintain regular communication with parents and carers regarding:

- The setting's food routines and approach to healthy eating.
- The child's daily food intake while in our care.
- Any changes in dietary needs, preferences, or routines.

We encourage parents and carers to share information about their child's cultural, dietary, or medical requirements to help us create an inclusive, respectful, and safe environment. Ongoing discussions and collaborative decision-making around food provision support consistent and positive eating habits at home and in the setting. By working in partnership, we aim to support each child's overall wellbeing and establish healthy relationships with food that will benefit them long term.

Food Brought from Home
(Please also page 14 Packed lunches should 'Always' include)

At our setting we aim to ensure that all children receive healthy, balanced, and nutritious food while promoting good food hygiene practices. We understand that some families may wish to provide food from home for their children, and in some cases, children may need to bring their own meals or snacks for medical, dietary, or cultural reasons. This policy sets out the expectations for parents and carers when providing food from home to ensure consistency in the nutritional quality of food, food safety, and hygiene.

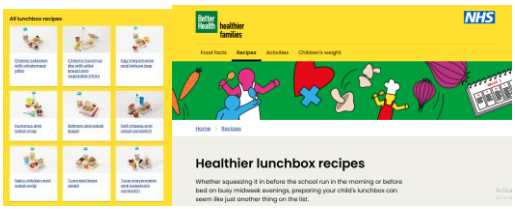
We will ensure that:

• Children who have brought in a packed lunch, will eat with their peers and be supervised when eating. EYFS children must always be within sight and hearing of a member of staff whilst eating. Where possible, a member of staff will sit facing children whilst they eat so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
• Free, fresh drinking water is always available.
• Children are only allowed to eat their own food.

Healthy, Balanced, and Nutritious Food:

We encourage parents and carers to provide food that aligns with the healthy options offered by the setting, ensuring that children receive consistent messages about the importance of healthy eating. We ask that meals and snacks brought from home are well-balanced and provide a variety of food groups, including fruits, vegetables, protein, and whole grains, while limiting sugary snacks and drinks.

To support this, we promote the **NHS Healthier Families** guidance for lunchboxes. Preparing a lunchbox can be a challenge during busy mornings or evenings, but it doesn't have to be complicated. The NHS offers a variety of **quick, easy, and nutritious lunchbox ideas** that can help make healthier choices simple and affordable.
NHS Healthier Families



Food Safety and Hygiene:

To maintain a safe eating environment, we have outlined the following guidelines regarding food safety:

Allergen Awareness:

All foods brought from home should be checked for potential allergens, and clear labelling of ingredients is encouraged to reduce the risk of cross-contamination.

Please note that NO food that contains nuts or nut products is allowed in your child's packed lunch

Choking Prevention:
Foods must be prepared in a manner that prevents choking, particularly for younger children. Parents should ensure that food is cut into appropriate sizes for the child's age and developmental stage. The Food Standards Agency offers guidelines on food preparation to prevent choking, which should be followed. See appendix for choking form.
Food safety advice on choking hazards

Best Practices for Packing Food:
To support families in packing healthy and safe meals, we recommend the following practices:

Perishable Items:
For food that needs to be kept cool (e.g., dairy, meats, or perishable salads), we recommend using insulated, sealed lunch bags and ice packs. If ice packs are unavailable, parents can follow the '4-hour rule,' which allows food to be safely stored outside of chilled conditions for up to 4 hours but should only be done once during the entire storage period.

Labelling:
Parents should clearly label their child's lunch bag with their name and a list of the food items contained inside.

Room Temperature Foods:
For foods that do not require refrigeration, parents should pack options that are safe to store at room temperature, especially if there is no refrigerated storage available at the setting.

Non-Reheating Policy:
We do not have the facility to reheat food brought in from home. Parents should pack food in a way that does not require reheating.

What a healthy lunch box should include
Please see Parent/Carer Healthy Lunch Box Agreement Appendix 4
The following is encouraged to include as key components to promote a balanced meal:

- Starchy Food or carbohydrates – Wholemeal bread, wraps, pasta, rice, couscous, potatoes.
- Protein – Chicken, tuna, lentils, beans, hummus, boiled eggs, cheese.
- Vegetables – Carrot sticks, cucumber, cherry tomatoes, cooked peas, peppers.
- Fruit – Apple slices, bananas, sliced grapes (lengthwise), melon, dried fruit (small amounts).
- Dairy or Non-Dairy Alternatives – Yogurt, fromage frais, cheese sticks, or fortified plant-based options.
- A Healthy Drink – Water or milk, as per the EYFS requirements

Foods to avoid
We ask that parents avoid packing the following in their child's packed lunch, in line with healthy eating and food safety guidance:

- Chocolate bars, sweets, or confectionery
- Fizzy, sugary, or artificially sweetened drinks
- Crisps and salty snacks – alternatives like rice cakes are acceptable
- Nuts or nut-based products – as this may cause a risk to children with nut allergies
- Cereals labelled as high in sugar, e.g. sugar-coated or chocolate-flavoured cereals.
- Flavoured dried rice, pasta and noodle products, e.g. pots of instant noodles.
- Sweetened yoghurts and fromage frais.
- Items needing refrigeration or reheating – in accordance with the Food safety guidelines sections of this policy

Waste and Disposal:

Our staff will, within reason, send any uneaten packed lunch food items back home. This is so that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the School.

Special Events and Celebrations:

We understand that many families like to celebrate their child's birthday and other milestones by bringing in cakes, sweets, or other treats. However, to support healthy eating habits and limit the consumption of unhealthy foods, we encourage parents to consider healthier alternatives for such events. For **example, sharing fruit platters,** non-edible party favors such as stickers or bubbles, or other creative and healthy options can help keep celebrations balanced.

Cultural and Dietary Requirements

At our setting, we are committed to creating a safe, respectful, and inclusive environment where every child feels valued. We understand that each child is unique, and this includes their cultural background and dietary needs.

Some children may have food allergies or intolerances, while others may follow specific dietary practices for cultural, religious, or personal reasons. It is our goal to ensure that these needs are respected and met at all times.

We will:

Work closely with parents and carers to understand each child's specific dietary requirements. Provide meals and snacks that are nutritious, balanced, and suitable for each child's needs. Ensure that all staff are aware of and trained to handle dietary restrictions and allergies safely. Avoid cross-contamination and take all necessary precautions to keep children with food allergies safe. Celebrate and include a variety of cultural food experiences in a respectful and inclusive way.

By working together, we can make sure your child's dietary needs are fully supported while promoting healthy eating habits and an appreciation for different cultures.
If your child has any specific requirements, please let us know so we can provide the best possible care.

Cultural and Dietary Needs

It is essential to cater for the diverse cultural and dietary needs of the children in our care. We recognize that every child may have unique dietary preferences or restrictions based on medical, ethical, cultural, or religious reasons. These needs may include:

- **Food allergies**: Allergies to certain foods that can cause serious reactions, including anaphylaxis.
- **Food intolerances**: Conditions that cause discomfort but are not life-threatening, such as lactose intolerance or gluten sensitivity.
- **Vegetarianism**: A diet that excludes meat and fish, often chosen for health, environmental, or ethical reasons.
- **Veganism**: A plant-based diet that excludes all animal products, including meat, dairy, eggs, and honey.
- **Pescetarianism**: A diet that excludes meat but includes fish and seafood.
- **Religious dietary preferences**: Including, but not limited to, halal, kosher, avoiding pork or beef, or specific food requirements on certain days.

Dietary Requirements and Safety

Food allergies and intolerances must be taken seriously, as they can result in severe health reactions. It is our responsibility to ensure that children with allergies and intolerances are supported and protected while in our care.

Food Allergies:

Food allergies can be life-threatening, and it is vital to have clear information about each child's allergies before they are admitted to our setting. Symptoms of an allergic reaction can include:

- Coughing, wheezing, or difficulty breathing
- Swelling of the face, lips, tongue, or eyes
- Stomach pain, vomiting, or diarrhea
- Rash or hives
- Anaphylaxis, which is a severe and potentially life-threatening allergic reaction

If a child is known to have an allergy, parents/carers must provide an individual health care plan (IHCP), which will be shared with all relevant staff members. We will ensure that emergency procedures, such as administering autoinjectors (EpiPens), are in place and that staff are trained to respond appropriately to allergic reactions.

Food Intolerances:

Food intolerances cause discomfort rather than life-threatening reactions, but they should still be managed carefully. Common food intolerances include:

- Lactose intolerance (difficulty digesting dairy products)
- Gluten intolerance (difficulty digesting wheat, barley, and rye)
- Sensitivity to additives or chemicals in food

We will work closely with parents/carers to identify and accommodate any food intolerances and will provide suitable alternatives when necessary.

Inclusion at Mealtimes

Children with dietary needs should be included in mealtimes with their peers as much as possible. Only in situations where a significant risk remains (despite appropriate training and supervision) should children with special dietary needs eat separately from others. Providers should ensure that all children can enjoy mealtimes in a safe, inclusive, and supportive environment.

Ongoing Communication with Parents/Carers

Regular discussions between providers and parents/carers are essential to ensure that the child's dietary requirements are met appropriately. Parents/carers are encouraged to share any updated guidance from healthcare professionals regarding their child's diet. This collaboration helps us develop personalised menu plans and dietary accommodations, ensuring the child receives adequate nutrition and care.

This policy has been informed by a parent consultation.
All parents and carers are invited to contribute to a healthy eating approach where appropriate.

Our Whole School Policy is promoted via our school website and weekly school newsletter.

Healthy Lunchbox Reminder Poster Distribution (Appendix 3)

To support our commitment to promoting healthy eating habits, Wrockwardine Wood Infant School and Oakengates Nursery will be placing a friendly Healthy Lunchbox Reminder notes in children's lunchboxes. This gentle reminder reinforces our school's healthy lunchbox policy and encourages children and families to make nutritious choices that support learning, energy, and well-being. See Appendix

Substitutions and Replacement Ingredients

When it is necessary to exclude certain foods from a child's diet, we will explore suitable substitutions or replacement ingredients to ensure the child's nutritional needs are met without unnecessary restrictions. We will not exclude foods without valid medical, cultural, or religious reasons.

Religious and Ethical Dietary Preferences

Religious and ethical dietary preferences must be respected at all times. We recognize that some children may follow strict dietary laws, such as:

- Halal or kosher foods
- Avoidance of pork or beef
- Specific food requirements on religious holidays or certain days of the week

We will work closely with parents/carers to understand and accommodate these needs, ensuring that children can maintain their cultural and religious practices while receiving nutritious meals.

Training for Staff

All staff members will receive training on food allergies, intolerances, and dietary restrictions. They will be made aware of the symptoms of allergic reactions and the steps to take in the event of an emergency. Staff will also receive training on respecting and accommodating cultural and religious dietary preferences.

Emergency Procedures for Allergic Reactions

In the event of an allergic reaction, staff will immediately follow the child's individual health care plan (IHCP), including administering an autoinjector if necessary, and call emergency services (999). In the case of anaphylaxis, staff will use the second autoinjector if there is no improvement after five minutes.

Food Allergy and Intolerance Records

To ensure the health and safety of all children in our care, we maintain accurate and up-to-date records of any known food allergies and intolerances. These records are shared with all relevant staff members and reviewed regularly to make sure each

child's dietary needs are being met appropriately and safely. We ask that parents promptly inform us of any changes to their child's dietary restrictions.

Children with Additional Support Needs and Other Special Diets

At our setting, we are committed to creating a supportive, inclusive, and respectful eating environment for all children, including those with physical, developmental, sensory, or medical needs.
We understand that mealtimes can present unique challenges for some children. To ensure every child feels comfortable and cared for, we make every effort to adapt our approach based on each child's individual needs. This includes:

- **Food Preparation and Support**: We may modify food textures (e.g., pureeing, chopping), provide one-on-one support during meals, or use specialized utensils and cups to encourage independence and safety.
- **Sensory Considerations**: For children with sensory sensitivities, we carefully plan meals and snacks with attention to food texture, taste, and smell. We also work to create a calm and quiet eating space by reducing noise and distractions.
- **Medical Dietary Needs**: If your child has a medical condition that requires a specific diet, we kindly ask you to provide written guidance from a qualified healthcare professional. This should detail any food exclusions, required supplements, and specific preparation instructions. We keep this information on file and ensure all relevant staff are fully informed and trained.

We also respect and accommodate cultural, religious, and personal dietary preferences wherever possible.
Our goal is to make mealtimes a positive, relaxed experience where every child feels safe, supported, and able to enjoy their food at their own pace.
If you have any questions or need to share information about your child's dietary needs, please speak to a member of our team—we're here to help.

Assessment and review

At our setting we are committed to promoting healthy eating habits among all pupils. The Headteacher meets with our kitchen supervisor to monitor school food choices and menu planning. If pupils are noted to consistently chose/bring unhealthy packed lunches, parents/carers are reminded through a lunchbox poster and contacted to discuss how we as a school can support them in encouraging healthier packed lunch options.
Food concerns will be discussed with caterers, pupils, parents and staff as the need arises. To support this, we have put the following procedures in place regarding packed lunches:

1. **Annual Lunchbox Audit**
   We will carry out a yearly audit of packed lunches to encourage and monitor healthy eating practices.

2. **Rewarding Healthy Choices**
   Lunchtime supervisors will actively reward pupils who bring in healthy packed lunches, in accordance with our Happy Lunchtime reward scheme.
3. **Non-Compliant Items**
   If a packed lunch contains items that do not meet our healthy eating standards, a healthy lunchbox reminder will be put in a packed lunch boxes and will be sent home as a reminder.
4. **Ongoing Concerns**
   If non-compliant items are brought in on a regular basis, parents/carers will be invited to school for a meeting to discuss the matter and work together to support healthier choices.

We appreciate your cooperation in helping us foster a healthy school environment for all children.

Packed Lunch Audit Tool (Appendix 1)

As part of our school's commitment to promoting healthy eating and supporting the wellbeing of all pupils, we will be conducting a **Packed Lunch Audit**. This process helps us understand the types of food children are bringing from home and identify ways to support families in providing nutritious, balanced lunches.
By taking a whole school approach to food, the results of the audit will guide us in offering practical workshops, resources, and advice for parents and carers. It will also help us shape or improve our **Packed Lunch Policy**, ensuring it reflects the needs of our school community and promotes positive eating habits.
This tool will be used by our **School Nutrition Action Group (SNAG)** to carry out the audit. The audit is not about judging or criticising but about working together to help every child eat well and learn better.
We appreciate your support and involvement as we take this important step toward a healthier school environment.

Conclusion:

By adhering to the following guidelines, we can work together to provide children with nutritious, safe, and enjoyable meals that promote healthy eating habits. Your cooperation is essential in creating a positive and supportive food environment for all children. We sincerely appreciate your partnership in helping us foster lifelong healthy choices for your child.

Useful links for further information

- Home - Food for Life
- School food standards: resources for schools
- Lunchbox ideas and recipes – Healthier Families

Appendix 1: Packed Lunch Audit Tool www.foodforlife.co.uk

PACKED LUNCH AUDIT TOOL

Carrying out a school lunchbox audit is a step towards addressing the food brought in from home. Through a whole school approach to food your school can use the results of an audit to run some practical support sessions and launch a packed lunch policy.
This template can be used by your School Nutrition Action Group to audit packed lunches in school.

	FOOD GROUP	TICK BOX
✓	An item of Energy Food (wholegrain bread, pasta, rice, chapati)	☐
✓	An item of Help to Grow Food (Meat, fish, eggs, beans, pulses)	☐
✓	At least 1 portion of veg/salad and 1 portion of fruit	☐
✓	An item for healthy bones and teeth (yoghurt, cheese, milk)	☐
✓	A drink (milk, water, pure fruit juice)	☐
✗	Savoury fried snack (like crisps)	☐
✗	Chocolates or chocolate coated biscuits, sweets etc	☐

Following the completion of our packed lunch audit, we will share the findings with the wider school community through our school website, a parents' evening

presentation, and an in-school display. To further support healthy eating habits, we will invite health professionals—such as our Healthy Schools Team or the School Nurse—to host a packed lunch workshop for both children and their families.
The audit will be repeated after one term to monitor progress, and the comparative results will again be shared with the school community. As part of their learning, children will use the audit data in maths lessons to create graphs and pie charts, reinforcing their understanding through real-life application.
Using these insights, we will launch our school's official packed lunch policy. By involving children and families in the process from the outset, we aim to foster greater understanding and acceptance of a policy that promotes a healthy, balanced diet for all pupils.

Appendix 2: Healthy Lunchbox Reminder *(To be issued after discussing healthy food choices with parent/carer)*

A Friendly Healthy Lunchbox Reminder

At our Federation of schools, we encourage children to bring a healthy balanced lunchbox to support their energy, focus and overall wellbeing.

A healthy lunchbox might include:

- ✓ Fruit and vegetables
- ✓ Lean Proteins, egg, houmous, cheese.
- ✓ Wholegrains, e.g. wholemeal bread, wrap.
- ✓ A small healthy treat

Please avoid:

- ✓ Sugardy drinks
- ✓ Chocolate
- ✓ Highly processed snacks,

Let's work together to build healthy habits.
Thank you for your support

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Appendix 3: Parent Carer Lunchbox Agreement

Parent/Carer Healthy Lunchbox Agreement

At Wrockwardine Wood Infant School and Oakengates Nursery Federation, we are committed to supporting children's health and well-being through nutritious and balanced meals. To ensure consistency and promote healthy eating habits, we ask all parents and carers to follow the guidelines outlined below when preparing their child's packed lunch.

What a Healthy Lunchbox Should Include:

To promote a balanced and nutritious meal, please include:

- ✓ **Starchy Foods or Carbohydrates:** Wholemeal bread, wraps, pasta, rice, couscous, potatoes.
- ✓ **Protein Sources:** Chicken, tuna, lentils, beans, hummus, boiled eggs, cheese.
- ✓ **Vegetables:** Carrot sticks, cucumber, cherry tomatoes, cooked peas, peppers.
- ✓ **Fruit:** Apple slices, bananas, sliced grapes (lengthwise), melon, dried fruit (small amounts).
- ✓ **Dairy or Non-Dairy Alternatives**: Yogurt, fromage frais, cheese sticks, or fortified plant-based options.
- ✓ **A Healthy Drink:** Water or milk, in line with the Early Years Foundation Stage (EYFS) requirements.

Foods to Avoid:

In line with healthy eating and food safety guidance, please do not include the following in your child's lunchbox:

- ✓ Chocolate bars, sweets, or confectionery
- ✓ Fizzy, sugary, or artificially sweetened drinks
- ✓ Crisps and salty snacks (acceptable alternatives include rice cakes)
- ✓ Nuts or nut-based products (due to allergy risks)
- ✓ High-sugar cereals, such as sugar-coated or chocolate-flavoured varieties
- ✓ Flavoured dried rice, pasta, and noodle products (e.g., instant noodles)

- ✓ Sweetened yoghurts and fromage frais
- ✓ Items requiring refrigeration or reheating

Parent/Carer Agreement:

I acknowledge the above guidelines and agree to provide my child with a healthy and balanced lunchbox in accordance with Wrockwardine Wood Infant School and Oakengates Nursery Federation's policy. I understand that this supports my child's health and well-being, as well as the safety and dietary needs of all children in the setting.

Parent/Carer Name:	**Signature:**
Parent/Carer Name:	**Signature:**
Date:	
Headteacher	**Signature:**
Mrs Jenny Gascoigne	

Thank you for your support and cooperation

A	**Choking Incident Report Form**

Child's Name:	
Date of Incident:	
Time of Incident:	
Location of Incident	
Class/Year Group:	
Staff Member Reporting:	
Description of Incident Please provide a brief description of what happened (include type of food, how the incident began, and who was present):	

Action Taken What steps were taken to assist the child? (Tick all that apply)	
Encouraged to cough	
Back blows administered	
Abdominal thrusts used	
First aider called	
Emergency services contacted (999)	
Parent/carer contacted	
Child returned to class	
Child sent home	

Details of action taken (who did what, and outcome):

First Aid / Medical Assistance First Aider's Name:				
Was further medical support needed?	Yes		No	
If yes, provide details:				

Parent/Carer Contacted or Name of Person Contacted:	
Time Contacted:	
By Whom:	
Outcome/Notes from conversation:	

Staff Signature	
Date	
SLT Signature (if required):	
Date:	

Appendix 5: Food and Drink Guidelines from EYFS Nutrition Guidelines 2025

Food	Guideline
Fruit and vegetables These include: • fresh, frozen, tinned or dried fruit and vegetables • pulses such as lentils and beans.	• **Provide** at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit). • **Provide** a variety of vegetables or fruit across the day and each week. • **Limit** baked beans to once a week if this is being counted as a vegetable. • **Avoid** dried fruit as a snack. It should only be provided as part of a meal. • **Avoid** fruit tinned in syrup and choose fruit tinned in juice. • **Avoid** added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.
Starchy Carbohydrates These include: • bread • potatoes, sweet potatoes, and other starchy root vegetables • pasta and noodles • rice and other grains • breakfast cereals.	• **Provide** a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day. • **Provide** plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day. • **Provide** at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week. • **Provide** wholegrain starchy foods for at least 1 breakfast, lunch and tea each week. • **Limit** sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green).

	• **Limit** the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt. • **Limit** starchy foods which have been fried to a maximum of once a week (e.g. chips, fried rice and fried noodles). • **Limit** tinned pasta in sauce (e.g. spaghetti hoops) and choose no added sugar options. • **Avoid** cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals. • **Avoid** flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.
Dairy and plain, fortified plant-based alternatives These include: • milk • cheese • yoghurt and fromage frais.	• **Provide** 3 portions of milk and unsweetened dairy foods each day (which includes those provided at home). • **Provide** non-dairy alternatives that are unsweetened and calcium fortified (e.g. oat milk or soya milk). • **Provide** full fat dairy foods (such as cheese and unsweetened yoghurt and fromage frais) for children under the age of 2 and gradually introduce lower-fat dairy options after this age. • **Avoid** sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options.
Proteins These include: • beans, pulses and nuts • meat and poultry • fish and shellfish • eggs • meat alternatives.	• **Provide** a portion of protein as part of lunch and tea each day. • **Provide** a variety of protein sources as part of lunch and tea across the week. • **Provide** at least 1 lunch and 1 tea for children each week which uses beans, lentils, pulses or a meat alternative as the protein source. • **Provide** vegetarian and vegan children with a variety of protein sources such as beans, pulses, and meat alternatives each week as part of lunch and tea.

	• **Provide** oily fish (such as salmon, sardines or mackerel) at least once every 3 weeks; this can be provided as part of lunch or tea. When oily fish is not provided as a main meal in the week, you could try to provide oily fish as a snack. • **Limit** oily fish to a maximum of twice per week. • **Limit** the provision of processed meat products (e.g. sausages, breaded chicken, meatballs), processed fish products (e.g. fish fingers, fish cakes), and products made from meat alternatives (e.g. vegetarian sausages), to once a week for each of the 3 types as these products can be high in saturated fat and salt.
For all foods	• **Avoid** foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionary. • **Avoid** artificial sweeteners as they may encourage children to prefer very sweet foods
Drinks	• **Provide** children with access to water throughout the day. • **Provide** only fresh tap water and plain milk to drink. • **Provide** whole milk, semi-skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives for children from 1 year of age. • **Avoid** skimmed and 1% cow's milk. • **Avoid** sugary drinks (including fruit juices, squash and smoothies).