Corinthian Community Primary School

Food and Nutrition Policy

2026

Approved by: Mrs Jemma Cliffe Date: November 2026

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1. Aims

- This policy has been developed in partnership with the children, parents/carers, and staff, and aims to ensure that our school provides an environment that encourages healthy food and eating, and helps our pupils 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 and safe food and drink

2. 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

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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

3. 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.

4. Responsibilities of parents/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

5. Communicating with parents/carers

We tell parents/carers in person, 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.

6. Sourcing food and ingredients

We work with RPJ3 Group who provide consultancy in order for us to provide healthy and nutritious meals.

We collaborate with our catering partner by:

- Holding regular meetings with RPJ3 Group to review menus, discuss 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
- Participating in the menu planning process to make sure our food is appealing, balanced, varied and caters to the dietary requirements that our pupils have

The contract with our catering consultant is reviewed and re-tendered every] year to make sure we receive the best possible service and value for money.

In buying food and ingredients, follow the government's guidance on sustainable procurement. Where possible, we buy seasonal and local food, and fish from verifiably sustainable sources (such as products certified by the Marine Stewardship Council (MSC)).

7. 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 don't 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

Please note that the requirements under the School Food Standards not to serve confectionery, savoury crackers or breadsticks, cakes, biscuits, or desserts other than yoghurt or fruit-based desserts (of at least 50% fruit by volume) do not apply when they're served as part of an evening meal before 6pm.

We provide healthy, balanced, varied and nutritious meals, snacks and drinks at timetabled mealtimes at the following times:

Corinthian CP School provides food at, e.g. breakfast club 7.30 am to 8.45 am, school lunch 11.15 am to 1.15pm and after school club, 3.30pm to 6pm. Snacks are provided to children in early years

setting during a day as designated by the class teacher. Children in other classes are provided a snack by their parents and will take this at break time between 10.30 am to 11.15 pm.

We support all our pupils to develop positive eating habits, helping them to get the right amount of nutrients and energy they need for growth and development.

Our menus are:

- Planned for termly and reviewed every half term to make sure all meals, snacks and drinks are balanced, varied and nutritious, and include different foods, tastes and textures, including global cuisines
- Planned to include substitutions and replacement ingredients for pupils with special dietary requirements
- Adapted to include the same meal for children of various ages (e.g. pureeing or mashing the food for younger children)
- Reviewed at least twice a year, to include seasonal produce
- Menus are shared termly on the school website and vis messaging to parents/carers. The allergen information is available daily in the kitchen for the dishes produced. This is to ensure the allergen information is fully accurate and based on actual ingredients used. An allergen matrix is available and they are displayed daily in the kitchen.
    - 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

7.1 For all pupils

All meals, snacks and drinks provided are healthy, balanced and nutritious.

Our staff:

- Make tap water available and accessible throughout the day, and provide fresh tap water and plain milk at mealtimes
- Encourage pupils to eat balanced meals containing a wide variety of foods from the 4 main food groups:
    - Fruit and vegetables
    - Starchy carbohydrates, such as bread, rice and pasta
    - Dairy or dairy alternatives
    - Protein, such as meat, fish and beans

We have a designated eating space with suitable chairs where:

- The children eat together in a social setting to encourage adventurous food choices
- Distractions are minimised, allowing children to focus on their food and social interactions

- Children with special dietary and additional needs are included whenever possible

Remove any of the following sections that do not apply to your school. Renumber the sections you keep and any add additional points to reflect your specific policies and procedures at your school (e.g. if your school does not have a school-based nursery, remove sections 7.2 and 7.3, and adapt section 7.4 as appropriate).

7.2 For children aged 3 to 5 years

We provide a healthy, balanced diet, based on the 4 main food groups:

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

We avoid foods that contain artificial sweeteners or that are high in fat, saturated fat, salt and sugars. We provide fresh food prepared on site daily.

We serve appropriately-sized portions, never force children to finish their meals, and do not use food as a reward.

We make sure that:

- Each main meal and some snacks include 2 portions of vegetables and/or fruit
- Each main meal and at least 1 daily snack includes 1 portion of starchy food, which is frequently wholegrain
- We provide 3 portions of milk or unsweetened dairy foods each day, including full-fat dairy for children under 2 years old
- We provide 1 portion of protein at lunch and tea each day, including plant-based proteins (e.g. beans and pulses)
- We offer oily fish at least once every 3 weeks, and no more than twice a week
- We limit processed meat/fish products and meat alternatives to once a week
- [Add any other policies specific to your setting]

8. Food safety and hygiene

Our staff 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.

Our staff use colour-coded equipment and utensils, and [insert what you specifically (e.g. using separate preparation areas for meat)].

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 and after each completed task.

8.1 Procedures for managing food poisoning

If any child shows symptoms of food poisoning, we will:

- Contact parents/carers immediately to collect their child as soon as possible
- Prevent the spread of infection by isolating the child in a quiet area with easy access to a sick bowl and toilet
- Monitor the child for signs of dehydration, including a dry mouth or crying without tears
- Encourage the child to take small, frequent sips of water

Parents/carers are advised not to return their children to school until they have been symptom free for at least 48 hours.

Ofsted will be notified Mrs Jemma Cliffe, head teacher of any food poisoning affecting 2 or more children as soon as possible, and **always within 14 days** of the incident.

9. Safer eating

While eating, pupils are always supervised and within sight and sound of a suitably qualified staff member.

9.1 Food preparation to prevent choking

Food is prepared in a suitable way for each child's developmental needs, avoiding round shapes and cutting food appropriately (e.g. cutting carrots into narrow batons).

To reduce the risk of choking:

- Grapes, cherries and similar fruits will be cut lengthways into quarters.
- Cherry tomatoes will be cut into quarters.
- Large fruits and vegetables will be grated, cooked, sliced or cut into age-appropriate pieces.
- Stones and pips will be removed from fruit before serving.
- Sausages and similar foods will be cut lengthways and into small pieces.
- Hard sweets, whole nuts, popcorn, marshmallows and other high-risk choking foods will not be provided.
- Children will always be supervised whilst eating t least one member of staff will be a qualified paediatric first aider.

9.2 Eating environment

When eating, all children are always:

- Seated safely (e.g., in an appropriately sized chair)
- Within sight and hearing of staff

Where possible, staff sit facing children to monitor eating and prevent food sharing.

We record any incidents of choking needing intervention and inform parents/carers.

9.3 One-to-one supervision

We offer children with physical, developmental, or sensory issues affecting their eating one-to-one supervision in consultation with parents/carers and health professionals.

9.4 Paediatric first aiders

At least one member of staff with a current paediatric first aid (PFA) certificate is always in the room when children are eating.

Any medicines are given to children as needed and in accordance with our Managing Medicines policy which is available on the Key information page on the school website

10. Managing allergies and food intolerances

We take allergy and food intolerance management seriously and follow strict procedures to ensure that all children can eat safely. This policy is supported by other school policies:

- Extended School Allergy Policy 2026
- Anaphylaxis Policy 2026
- Packed lunch policy 2026
- Managing Medicines Policy 2026

- Before a child joins our school, we gather detailed information about any known food allergies or intolerances
- All staff are trained to be aware of and understand information about food allergies by:
    - Knowing the symptoms and treatments for allergies and anaphylaxis
    - Understanding the difference between allergies and intolerances
    - Being aware that children can develop allergies at any time, particularly during the introduction of solid foods

We share information about food allergies with all staff, and make them aware of which children have allergies or intolerances so they can ensure that the child is given an alternative where the food served contains an allergen.

All staff who handle food have the appropriate food hygiene training level 2 and follow strict measures to avoid cross-contamination, including washing hands, using colour-coded equipment and sharing clear rules around visitors bringing food into school.

10.1 Procedures to manage allergies and intolerances

We plan menus to include food substitutions, where necessary, for children with allergies or intolerances in mind.

We make sure that our food is safe for pupils with an allergy or intolerance by:

- Showing allergen ingredients information for the meals served, as outlined in this policy
- Checking any product changes with our food suppliers

- Ensuring our staff read labels and product information before using a product

Through ongoing discussions with parents/carers and health professionals, if appropriate, we create an allergy action plan for each child to help manage their allergy or intolerance.

- This information is kept up-to-date and shared with all staff

10.2 Procedures for managing allergic reactions and intolerances

Staff members suspecting a food intolerance will work alongside parents/carers to keep a diary of foods eaten in school and at home, including any symptoms experienced.

If a staff member suspects a food intolerance, or is the first to identify an allergic reaction in a child, they will:

- Administer the child's prescribed medication immediately in line with our Managing Medicines Policy 2026
- Contact emergency services immediately after administering the medication
- Monitor the child and administer a second dose of medication, if required
- Safely move the child to a location away from the allergen and stay with them at all times

If a staff member suspects that a child has reacted to a food for the first time, they will:

- Immediately tell the senior member of staff on duty, who will contact the child's parents/carers
- Safely move the child away from the allergen and stay with them at all time
- Comfort and reassure the child to keep them calm

Staff members suspecting a food intolerance will work alongside parents/carers to keep a diary of foods eaten in school and at home, including any symptoms experienced.

11. Allergen food labelling

The 14 allergens that we track and highlight are:

- Celery
- Cereals containing gluten, such as wheat, barley, oats and some flours
- Crustaceans, such as prawns, crabs and lobsters
- Eggs
- Fish
- Lupin, such as bread made with lupin seeds
- Milk
- Molluscs, such as mussels and oysters

- Mustard
- Peanuts
- Sesame
- Soybeans
- Sulphur dioxide and sulphites, if they're concentrated at more than 10 parts per million
- Tree nuts, such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

11.1 Prepacked food

We comply with Natasha's Law regarding allergen food labelling by having a full ingredients list on the packaging, with the 14 allergens (listed above) labelled in bold every time they appear.

If packed lunches are needed for school trips, these are ordered in advance and these are labelled with the child's name under the requirements of Natasha's Law.

11.2 Non-prepacked foods

Non-prepacked foods include goods such as bakery products, takeaway meals and deli counter foods.

You must provide allergen information for every item that contains any of the 14 allergens.

We display allergen information for every non-prepacked food item that contains any of the 14 allergens (listed above), by:

Adapt this section to make it relevant to your school.

- Displaying a menu that includes allergen information
- Displaying a clearly visible written notice explaining how pupils and staff can get allergen information

A written record of allergen ingredients is kept in School kitchen office.

12. Managing other special dietary requirements

We are committed to supporting children with special dietary requirements and food intolerances, ensuring that every child can eat safely and in accordance with their cultural needs and preferences.

Before a child joins our school, we gather detailed information about any special dietary or health requirements, food preferences and intolerances. We share this information with all staff involved in preparing and handing food.

We plan menus to include food substitutions, where necessary, for children with special dietary requirements in mind.

We also:

- Check any product changes with our food suppliers
- Ensure caterers read labels and product information before using a product
- Supervise children at mealtimes to avoid food sharing
- [Insert details of any other procedures you follow (e.g. avoiding arts and craft activities involving food, such as dry pasta)]

12.1 Provision for cultural and dietary preferences

We understand that food preferences can be linked to cultural backgrounds, religious beliefs, or personal choices, such as vegetarianism.

An inclusive eating environment that caters to the cultural and dietary needs of all children is created by:

- Communicating openly with parents/carers to understand specific food preferences or needs, such as halal or kosher
- Being sensitive to certain customs, and how these affect meal and snack times
- Adapting menus to include foods from different cultures
- Always having a vegetarian option available
- Encouraging parents/carers to share traditional recipes and give feedback on our menus

12.2 Children with additional support needs

For children with physical, developmental, or sensory issues affecting their eating, we work with parents/carers and health professionals to:

- Adapt food preparation methods
- Offer one-to-one support if needed
- Adjust the eating environment (e.g. limiting noise)

For medically required special diets not covered in this policy, we need written confirmation from a health professional to ensure we meet the child's specific nutritional needs.

13. Food brought in from home

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

The following foods must not be brought into school on any occasion:

- Nuts

13.1 Packed lunches

We allow parents/carers to provide packed lunches for their child.

Each packed lunch must be handed to staff when the child arrives at school. It should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g., lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice,
- couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed
- milk, yoghurt or another milk drink

Packed lunches should occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits but encourage your child to eat these as part of a meal.
- salty snacks such as crisps - instead include vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets

Packed lunches must not include:

- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or
- 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).
- Any items containing nuts e.g., Nutella due to children with severe nut allergies.

We inform parents/carers about best practices for packing lunches, and ask them to:

- Use insulated, sealed bags for perishable foods
- Label lunch bags and their contents with the child's name
- Make sure that the food is suitable for the child's developmental needs and is prepared in a way to prevent choking

13.2 Safety and hygiene

For children with allergies, staff will store food brought from home/packed lunches separately in storage trolleys to reduce the risk of cross-contamination.

Due to food safety reasons, we do not provide refrigeration for packed lunches or reheat food from home

13.2 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 child's birthday

Food brought into school must not contain:

We ask that they follow the following guidelines:

- 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
- Consider sharing healthy dishes during wider school celebrations, such as cake sales and International Day celebrations

14. Learning about food

Our curriculum includes engaging food-related activities, including:

- Preparing simple meals, such as sandwiches and fruit salads
- Planting easy-to-grow seeds, such as cress and lettuce

15. Monitoring arrangements

This policy will be reviewed by annually. At every review, the policy will be shared with and approved by the Head teacher