

Upton Westlea Primary and Nursery School

Food and Nutrition Policy



Approved by staff: October 2025

Signed: K Carruthers

Approved by Governors: November 2025

Signed: pp L Dalton

Review Date: October 2026

1. Policy Statement

At Upton Westlea Primary and Nursery School, we are committed to supporting every child's health, development, and well-being by providing nutritious, balanced, and age-appropriate food. We follow a whole-school approach to healthy eating, embedding food education throughout the curriculum and daily routines.

Our approach is guided by the Statutory Framework for the Early Years Foundation Stage (2025) and the 2025 Nutrition Guidance for Early Years Providers, ensuring that all food and drink offered in school meets national standards for quality and safety.

2. Aims

We aim to:

- Promote lifelong healthy eating habits from an early age.
- Provide meals and snacks that meet children's nutritional, cultural, and dietary needs.
- Comply with statutory nutrition guidance for school-aged and early years children.
- Support pupils in making informed food choices through education and example.
- Create a positive, inclusive, and sociable dining environment.
- Reduce health inequalities and ensure all children have access to healthy meals.

3. What We Provide

- Healthy, balanced meals and snacks based on the four core food groups: *Fruit & vegetables, starchy carbohydrates, protein-rich foods, and dairy.*
- Age-appropriate portion sizes, in line with DfE recommendations.
- Milk provided at designated snack times in Nursery and Reception.
- Water freely available throughout the day.
- 3-week rotating menus to provide variety and seasonality.
- Meals cooked on-site that meet or exceed the School Food Standards.

4. Foods We Avoid

We do not serve:

- Foods high in added sugar, salt, or saturated fats.
- Sugary drinks and artificial sweeteners.
- Any food items that conflict with allergy or dietary guidance.

5. Special Dietary Needs and Allergies

We are committed to the safety of all pupils:

- We maintain a regularly updated allergy and intolerance register.
- Allergen information is clearly labelled and displayed in food preparation areas.

- All staff are trained in:
 - Allergy awareness
 - Emergency procedures
 - Paediatric First Aid
- Individual care plans are developed in partnership with parents and health professionals for children with specific dietary needs.

6. Mealtime Environment and Supervision

- Mealtimes are always supervised by staff, including a qualified Paediatric First Aider.
- Staff sit facing children to:
 - Monitor for choking hazards
 - Prevent food sharing
 - Detect signs of allergic reactions
- Mealtimes are calm, inclusive, and sociable, with staff modelling good eating behaviours and table manners.
- Children are encouraged to:
 - Try new foods
 - Serve themselves, where age-appropriate
 - Engage in conversations about food and health

7. Food Education and Curriculum Links

We integrate food learning across the curriculum:

- Taught through PSHE, Science, and Design & Technology
- Cooking and food preparation are part of classroom activities
- Links made to maths, science, fine motor development, and cultural learning
- Children grow produce in the school garden, supporting sustainability and understanding of food origins

8. Working with Parents and Carers

We value strong partnerships with families:

- Weekly menus are shared with parents
- Parents are consulted about:
 - Allergies
 - Cultural or religious dietary preferences
 - Special occasions and food-related events
- We offer guidance on healthy packed lunches
- Families are encouraged to contribute to culturally significant food celebrations, in line with our nutrition and allergy policy
- We signpost families to local and national healthy eating resources

9. Celebrations and Special Occasions

- Celebrations are marked in healthy and inclusive ways
- Treats and sugary foods are not used as rewards

- Food shared during celebrations must adhere to nutritional and allergen guidelines

10. Sustainability

We are committed to environmentally responsible practices:

- Aim to reduce food waste and encourage recycling
- Prioritise seasonal, local, and sustainable ingredients where possible
- Promote awareness of environmental impact in food education

11. Monitoring, Evaluation and Review

- This policy is reviewed annually by the Senior Leadership Team.
- Menus, food practices, and curriculum links are regularly evaluated.
- Staff training is updated in line with current guidance.
- Feedback is welcomed from pupils, staff, and families to continuously improve our provision.

12. Key References

- Statutory Framework for the EYFS (2025)
- Nutrition Guidance for Early Years Providers (DfE, 2025)
- Example Menus for Early Years Settings (PHE, 2025)
- School Food Standards (DfE)
- Food Standards Agency: Safer Food Better Business
- Eat Better, Start Better (PHE / Action for Children)
- NHS Start for Life