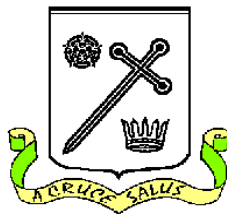


ST OSWALD'S CATHOLIC PRIMARY SCHOOL

MISSION STATEMENT

**With Christ at the centre of our community,
our mission is to live, love and learn as Jesus taught us.**



FOOD & NUTRITION POLICY

Introduction:

At St. Oswald's Catholic Primary School, we recognise the vital role that nutrition plays in the growth, development, and overall wellbeing of our youngest learners. This policy outlines our approach to food and drink provision, mealtime environments, dietary needs, healthy eating education, and policy communication. Our aim is to support every child in developing a healthy relationship with food from the very start.

Background Information:

Our School, St. Oswald's Catholic Primary School presently has 246 pupils aged 4-11 on roll. Within each year group there are identified pupils with Special Educational Needs. There are currently 166 children having school meals, with 16 children registered as eligible for FSM. (November 2025). Our school meals service is currently delivered by Lancashire County Council. Our onsite Catering Manager is Mrs Claire Speight.

Free School Meals:

Currently all children in KS1 can have a meal free of charge in line with the governments Universal Infant Free school meal scheme but we encourage parents to register for Free school meals if they are in receipt of benefits and meet the requirements. School received funding for each registered child that supports the education at the school.

1. Food and Drink Provision:

Healthy and Balanced Diet

We are committed to offering a variety of nutritious foods that align with the national dietary guidelines. Snacks provided to EYFS children will include:

- Starchy carbohydrates (e.g. wholemeal bread)
- Fresh fruits and vegetables
- Dairy products (e.g. milk, cheese, yogurt)

Lunchtime meals will include the above plus:

- Starchy carbohydrates (e.g. rice, potatoes)
- Protein sources (e.g. beans, lentils, fish, eggs, meat)

This will be encouraged in healthy lunchboxes as well as meals provided as hot dinners.

Variety and Flavour:

Children will be introduced to a wide range of flavours, textures, and cultural food choices to help broaden their palates and encourage healthy eating habits. This will be done through our celebrations of other cultures (e.g. Chinese New Year, Black history month and Eid).

Children are encouraged to learn about their senses and taste buds- exploring different tastes. The hot dinner menu aims to provide a menu of different foods, tastes, textures and colours.

Limit Sugary and Salty Foods:

We aim to limit the availability of sugary drinks, sweets, confectionery, and highly processed salty snacks. These will not be part of our daily food offering.

Children in EYFS, Year 1 and Y2 are provided with a piece of fruit/vegetable through the Government's Vegetable & Fruit Scheme.

Children in KS2 are asked to bring in a healthy snack for breaktime i.e. fruit, veg, healthy snack bar (no chocolate or crisps). If children need to bring in extra snack for medical or cultural reasons then this will still need to align with the healthy options we offer.

Fresh Drinking Water and Milk

Children will have access to clean, fresh drinking water throughout the day. All children bring a fresh water bottle each day available in learning and play areas. Water and milk is also provided at lunchtimes.

2. Eating Environment:

Snack Time

The children in Reception will sit together to enjoy snack. We use it as an opportunity to reinforce healthy eating and eating well. We also encourage manners, turn taking and good eating habits. Children are shown how to peel fruit such as tangerines and bananas.

Positive and Enjoyable Atmosphere

Mealtimes are treated as a calm and sociable experience. Staff support children in developing independence, encouraging good manners, and making mealtimes a pleasant part of the day.

Supervision

Children are supervised at all times while eating to ensure safety, reduce choking risks, and foster positive social interactions.

Seating Arrangements

Children are seated in small groups to promote conversation and peer learning during mealtimes.

3. Addressing Special Needs:

Individualised Needs

We recognise and accommodate individual dietary needs including allergies, intolerances, cultural preferences, and medical requirements. An Individual Health Care Plan will be developed for children with specific dietary needs.

Parent Communication

We work closely with parents and carers to ensure that dietary needs are fully understood and met. Food brought from home must meet the school's healthy eating standards and not contain allergens.

St Oswald's is a Nut-Free School. Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

As a school we have a responsibility to keep all pupils, staff and visitors safe reducing any risk of harm. Pupils, staff and visitors should not bring products containing nuts in to school either in their lunch boxes or as snacks.

Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Nutella
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

Parents are able to see the hot dinner menu. Children are given the choice at lunchtime to which meal option they want. We believe ongoing discussions with the parent about the child's dietary and cultural (where applicable) needs are crucial in creating a safe and inclusive environment for all the children to eat. During the first half term of Reception the teachers will be in the dining hall with the children.

Celebrations

We ask parents to refrain from bringing in cakes or sweets from family celebrations and birthdays as there may be children with allergies or intolerances.

Food Safety

All food handling, storage, and preparation will follow strict food safety regulations.

Children wash their hands before eating and all fruit and vegetables are washed and prepared accordingly.

4. Promoting Healthy Eating Habits**Learning about Food**

Healthy eating is embedded into the EYFS curriculum. Children are taught about food origins, the importance of balanced diets, and making healthy choices through play, stories, and discussions.

Cooking Activities

We provide regular, age-appropriate cooking opportunities where children prepare simple recipes with adult supervision. These experiences help build skills and positive attitudes toward healthy food.

Family Engagement

Parents are encouraged to be partners in promoting healthy eating. We share tips, advice, encouragement, recipes, and resources through our newsletters and Seesaw to support healthy habits at home.