

# FOOD POLICY (INCLUDING EYFS)



We love God and each other and follow the example of St Teresa.  
We enjoy learning together and doing our best in a happy, healthy and welcoming community.  
We learn to be responsible and caring citizens.  
*"Let us do little things well today".*  
St Teresa

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Approved by:	Governing Body	Date: Pending
Last reviewed on:	July 2025	
Next review due by:	July 2027	

## Policy Statement

St. Teresa's Catholic Primary School actively promotes healthy eating and a positive food culture across all phases, including our school-based nursery. We are committed to providing nutritious food, safe practices, and inclusive experiences in line with the Early Years Foundation Stage (EYFS) Statutory Framework 2025, Natasha's Law, and best safeguarding practices.

## Aims

Our aims are to:

- Promote the health and wellbeing of pupils, staff, and visitors through all food-related activities.
- Adhere to EYFS 2025 nutrition guidance and safer eating expectations.
- Support the '5 a day' campaign and healthy, balanced eating habits.
- Be a 'Nut Aware' school and manage allergy-related risks with sensitivity and vigilance.
- Provide a clean, safe and sociable environment for meals and snacks.

## Food Provision and Eating Arrangements

Meals are freshly prepared onsite and comply with School Food Standards. Reception and KS1 children are entitled to a free school meal or healthy snack as appropriate. Menus are updated regularly and account for special dietary requirements.

In EYFS, children are supervised closely while eating, with increased staff ratios to ensure safety and promote social interaction.

## Packed Lunches

Parents who provide a packed lunch are expected to follow our healthy eating guidelines. Lunches must be nut-free, named, and stored hygienically. Sweet snacks, chocolate and fizzy drinks are discouraged. Guidance is available to support families in making nutritious choices.

## Snacks and Water

Nutritious snacks are provided for our nursery aged pupils. Reception and KS1 children receive free fruit or vegetables daily under the government scheme. KS2 children may bring fresh fruit or vegetables for break. All children are encouraged to drink water throughout the day. Water bottles are permitted in class and fresh drinking water is always available.

## Safer Eating and Supervision

All food consumed in EYFS settings is supervised by staff trained in food hygiene, we aspire that all school staff are trained in food hygiene. During meals, staff ensure children are within sight and hearing. Children are never left alone while eating. We teach table manners, encourage independence and ensure staff are alert to choking risks and allergies.

## Allergy Management and Nut Awareness

We aim to be a nut-free environment and ask parents not to send any nut-containing products to school. Children with allergies have care plans, and all staff are aware of their needs. Allergy lists are available in all classrooms, the kitchen, and the office. Children must not share food. Most staff are trained in Anaphylaxis management. Catering staff prepare allergen-free meals as required.

### **Celebrations and Food from Home**

All birthday or celebration food must be shop-bought and clearly labelled. We discourage home-baked items to reduce allergy risks. We teach children that treats are to be enjoyed in moderation. Allergy information is reviewed before any shared food is given. Where home-baked goods are brought into school they must be labelled for all ingredients and allergens according to Natasha's Law.

### **Hygiene and Food Safety**

All staff handling food have appropriate training in hygiene. Children wash hands before and after eating. Surfaces are sanitised and food safety procedures are followed rigorously. EYFS mealtimes are considered part of the learning experience and model safe, hygienic habits.

### **Monitoring and Review**

This policy is monitored by the SLT and EYFS Lead. It is reviewed every two years or sooner in response to statutory updates or public health guidance. School newsletters and displays reinforce healthy and safe food practices.