

West Green Primary School

Food and Nutrition Policy



Policy Statement

At West Green Primary School, we are committed to promoting the health and well-being of all children through a whole-school approach to food and nutrition. We aim to provide a safe, inclusive and supportive environment, where we support children to develop healthy eating habits early on, to support their future eating habits, which also includes good oral health.

Aims

We encourage our children to have a balanced diet, through the food we provide, as well as through our teaching of healthy living. This is done through:

- Providing and encouraging children to have fruit and vegetables, whole grains, water and milk.
- Think about the foods that are high in sugar, salt and saturated fat and how to include these in a balanced diet.
- Support children in developing positive attitudes towards food.
- Meet individual dietary requirements, including allergies, intolerances and cultural preferences.
- Align with the Early Years Foundation Stage Framework, National Curriculum, Food Standards and the Early Years Foundation Stage Food and Nutrition guidance.
- Encouraging children to try new foods.
- Talking about portion size and how this can be different for different people, discussing the importance of developing autonomy over feeling full.

Food provision

Children eat together where possible at West Green. This is to support and encourage them to try new foods, as well as support children's social skills and manners.

Food is prepared and served in a way that prevents choking.

Snacks

All snacks provided by us will be nutritious and age appropriate. Children will be provided with a piece of fruit or vegetables, with a starchy food e.g. rice cakes or crackers, to support children in gaining part of their daily balanced diet. Children will have access to milk or a milk alternative, as well as water. (Water will be available and accessible at all times during the day.)

If snacks are provided from home, parents/carers will be asked to provide a piece of fruit or vegetable to align with this policy and support children in their daily balanced diet.

Lunchtime meals

Our hot school dinners are provided by Chartwells, who follow and are compliant with all food standards. They provide children with a balanced meal and encourage children to have fruit and vegetables where possible.

Parents/Carers are encouraged to provide healthy packed lunches. Sweets, chocolate, crisps etc. are advised to be provided in smaller amounts, and not make up the main bulk of a child's lunch. Guidance and leaflets are shared with families to support healthy choices and help children to achieve a balanced healthy diet. By ensuring food provided from home aligns with healthy and balanced options offered by us, supports children in receiving consistent messages about nutrition.

Nuts are not permitted in any food item within the school to ensure a safe environment for children with allergies.

Special Dietary Requirements

Individual care plans are created for children with allergies, intolerances and medical conditions. All staff are aware of children with Health and Care plans, to ensure children are safe and catered for. Training is provided to staff to ensure they manage dietary needs safely and sensitively. All staff are aware of who is first aid trained.

When carrying out cooking activities within the classroom, preparation areas and individual needs will be carefully thought about and planned

for, to ensure there is no cross contamination. Areas and equipment will be thoroughly cleaned to ensure everything is safe for all children to use. Individual equipment will be used for any child with specific allergies or individual diets, to ensure no cross contamination.

Any food that is brought into the school, is checked carefully for any potential allergens, or ingredients that are unsuitable for some individual diets and alternatives will be provided.

West Green and Chartwells work closely together to ensure any child with allergies or medical needs are safe during lunchtime. Chartwells ensure children's safety through the use of identification lanyards, and red trays, as well as a member of staff checking and signing to say food is safe for individual children. It is a parent's/carers responsibility to inform Chartwells of any medical need or allergies their child may have.

There is at least one member of staff who are Paediatric First Aid trained, when children are eating during snack and mealtimes, which is in line with the Early Years Foundation Stage Food and Nutrition Guidance. Children are talked to about safety when eating and appropriate ways to sit and eat safely. Children are supervised during eating times to ensure children's safety and quick response.

Food Safety and Hygiene

All staff handling food receive appropriate training, which is regularly updated. Staff ensure food is prepared in areas that are cleaned regularly and meet hygiene standards. Allergens are clearly labelled and managed in line with statutory guidance.

Education and the Curriculum

Food and nutrition are embedded in our curriculum through Personal, Social and Emotional Development, Design Technology and everyday experiences. Cooking activities are thought about carefully and include dishes that contain fruit and vegetables, and contribute towards a healthy, balanced diet.

At West Green, we believe it is important that our children learn about where food comes from, how it grows and why it matters. This is embedded within our curriculum to support our children to make healthy and informed choices. Staff model healthy and safe eating behaviours during snacks, mealtimes, during food discussions and during cooking activities.

Partnership with Families

We work closely with our parents/carers to support healthy eating at home and at school. This is done through:

- Our work with Phunky Foods
- Letters home
- Parent noticeboards
- Conversations with parents/carers
- Leaflets available in the Office Reception area

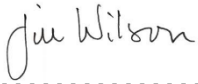
Cultural and religious dietary needs are respected and accommodated.

Monitoring and Review

This policy is reviewed annually and agreed to by the Governors of West Green Primary.

Compliance with School Food Standards and other relevant documentation is monitored regularly and informs any updates to this policy.

I can confirm that this Food and Nutrition Policy has been put before the governors and agreed.

Signed: 
Jill Wilson - Chair of Governors

Date: 9th October 2025