

Food and Nutrition Policy

Governor Committee Responsible:	Full Governing Body
Status:	Statutory / Non-Statutory
Review Cycle:	4 years
Staff Lead:	Katy Green
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Our Vision

Every child at Fladbury will know they are loved by God, have a happy heart and be part of a flourishing, well-led school. When they leave Fladbury, they will be well-prepared to meet challenges, confident in their abilities and look forward to their bright future with an open mind.

John 10:10, "I came that you may have life and have it to the full."

Policy Rational

The purpose of this policy is to provide clear guidance for parents/carers, pupils, governors and staff on how the school promotes and supports access to healthy, balanced meals throughout the school day.

As a school we recognise the important role that good nutrition plays in children's health, wellbeing, concentration and ability to learn effectively. The early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health. Children's early experiences with food can shape future eating habits which can impact children's long-term health including maintaining a healthy weight and good oral health.

Any caterers that provide our school meals will be guided by this policy and must follow the School Food Standards. We currently receive our school meals from the Deli Pershore and they use local produce where possible and aim to offer our children a wide variety of meals that contribute to a healthy balanced diet.

This policy applies to all food consumed within school during the school day, school trips along with breakfast club and afterschool club.

Development of the Policy

This food and nutrition policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell guide demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix 1).

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people.

The School Food Standards provides regulations for healthy school meals and packed lunches and specifies which types of food should be served at school and how often. These regulations recommend that foods from the high fat and/or sugar group on the Eatwell Guide (e.g. crisps and chocolates) should not be included in a packed lunch and should be consumed out of school hours.

In developing this policy we have also taken into account the Early Years Foundation Stage Nutrition Guidance published by the Department for Education in May 2025. In line with the safeguarding and welfare requirements of the Early Years Foundation Stage, the school will follow this guidance unless there is a clear and justifiable reason not to do so. [Early Years Foundation Stage nutrition guidance](#)

Lunches

School meals are encouraged as a healthy and balanced option and are provided by the Deli Pershore. Hot lunches are available every day based on a 3-week menu rotation, along with a selection of cold lunch options.

All pupils in Reception, Y1 and Y2 automatically receive free school meals as part of the Universal Free School Meals Programme. Beyond this, families may order school meals for their children directly from the Deli Pershore. Some children may qualify for Free School Meals if their families receive certain benefits or meet specific criteria. Parents and carers can check eligibility and apply online at <https://www.worcestershire.gov.uk/council-services/schools-education-and-learning/free-school-meals/apply-free-school-meals>.

If your child would prefer to bring a packed lunch, we ask that you try to base the contents around the main food groups detailed in the Eatwell Guide (Appendix 1) and follow the packed lunch guidance below, which has been developed in line with the School Food Standards (Appendix 2).

Things to include in a packed lunch:

- **Fruit and vegetables;** include at least one portion of fruit and one portion of vegetables.
- **Protein;** include one portion of these foods each day. Suggestions include boiled egg, ham, chicken, soya, Quorn, tuna, mackerel, salmon, hummus, chickpeas, lentils or beans. Meat products such as sausage rolls, individual pies, corned meat and sausages should be limited to once per week.
- **Starchy foods:** include one portion of bread (or similar), rice, potatoes or pasta. Whole meal varieties are good options as they contain more fibre than white varieties.
- **Dairy or a calcium rich alternative;** include one portion at lunch, for example a drink of semi-skimmed or skimmed milk or unsweetened (fortified) soya milk, an individual cheese portion or pot of plain or low sugar yoghurt, or dairy free alternative.
- **Puddings;** try to make sure it is still a healthy choice. Perhaps a slice of malt loaf or banana bread, low sugar flapjack or cereal bar, rice pudding or a pot of sugar free jelly, unsalted pretzels, plain popcorn (for children aged 5 years old and older), tinned fruit with yoghurt or custard.

Foods to avoid or limit:

- Crisps, plain cakes and plain biscuits

Packed lunches should not include any of the following:

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Processed meat snacks such as Pepperami
- Confectionary such as chocolate bars and sweets (including items such as Fruit Stars and Fruit Winders as they are highly processed and have a high sugar content).
- Chocolate coated biscuits or wafers, buns and cakes
- Chocolate spread as sandwich fillings (including any nut free alternatives)
- Peanuts and food containing peanut products

NHS Better Health, Healthier Families have some great tips for helping provide healthy and nutritious lunch boxes (Appendix 3).

Special diets and allergies

The school recognises that some pupils may require special diets due to allergies, intolerances or for religious faiths and beliefs.

We ask that our parents/carers inform the school of any special dietary requirements or allergies during the admission process. We maintain ongoing communication with families to ensure that allergy action plans remain up to date and that staff are fully informed of any medications that may be required. All of our staff receive regular Anaphylaxis and EpiPen training.

We understand that, in the above cases, food items may not always meet the National Food Standards. In these circumstances, we ask that parents/carers try to make packed lunches as healthy as possible. This may also apply to children with additional support needs that affect independent eating, or to children who experience sensory needs relating to food.

Fladbury C of E Primary School and Preschool is a nut free school. We have several children in school with a nut allergy and therefore kindly remind parents/carers to refrain from including in lunchboxes any peanuts, peanut butter, chocolate spread (including the nut free kind) and any food items that contain nut products. Any food that is brought from home will be checked for potential allergens so that the risk of cross contamination is reduced.

We also ask that no oranges are brought into school for snack or are included in lunchboxes due to allergies that we have within school.

Monitoring

The children are looked after by lunchtime supervisors, who encourage positive and polite behaviour. Lunch is eaten in the school hall or, occasionally, outside if the weather is good. Uneaten food and packaging is returned so that parents are aware of what their child has eaten.

To promote healthy eating staff will monitor the contents of packed lunches and involve pupils. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches. If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any chocolate, sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and an alternative drink.

We will ensure that all food served to children is prepared in a way to prevent choking and ask that parents/carers ensure any food from home is suitable for their child's individual development needs and prepared in a way to prevent choking. The Food Standards Agency provides information on how to prepare food safely to avoid choking (Appendix 4).

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Containers should be reusable, to reduce excessive disposal of plastic bags and bottles.
- Clearly label the lunchbox with their name and we also encourage you to provide information about the contents.
- Food hygiene best practice advises that an ice pack should be placed in lunch boxes to keep the food at the correct temperature. This is in order to reduce the risk of harmful bacteria growing when food is left in warm temperatures.

- If ice packs are not placed in lunchboxes, the '4-hour rule' will be applied. This rule allows food to be stored outside of chilled conditions for up to four hours, but this should only be done once during the entire storage.
- If children have the opportunity to revisit their lunchbox in the afternoon, such as in our Early Years Classroom (Wye Class) they will be encouraged not to save any perishable items such as cheese, yogurts, pasta, meats, pre-prepared sandwiches and salads or pre-packed fruits. Any perishable food items that are kept in a lunchbox for longer than 4 hours without an ice pack will be sent home to be disposed of.
- Do not provide any hot food in thermal flasks due to health and safety risks.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Snack

All children in Reception, Year 1 and Year 2 will receive a piece of fruit or vegetable under the Government Funded School Fruit and Vegetable Scheme. Our Preschool children and children in Years 3, 4, 5 and 6 are encouraged to bring into school a small piece of fresh fruit or vegetables sticks to have during morning break time.

Drinks

Children should bring a clearly labelled water bottle to school with them each day. We encourage children to only fill their water bottles with water. We have a water cooler in school which children can use to refill their bottles throughout each day.

In addition to their water bottle children may also bring a separate drink in their lunchbox to have at lunchtime. Such as pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and reduced sugar yoghurt, milk drinks or smoothies. No fizzy drinks.

Fladbury Primary School provides a milk scheme through Cool Milk that is available to all our pupils. Milk is free for under 5s and subsidised for pupils aged 5 and over.

Forest School and Classroom Cooking

Children at Fladbury have the opportunity to cook and learn about food during different lessons and also at Forest School. These activities help children create positive relationships with food and teach them food preparation and cookery skills. Even though the food we prepare and cook during these sessions does not have to meet the School Food Regulations, we will endeavour to include healthy recipes where possible.

Celebrations

We understand that children like to celebrate their birthday at school by bringing in sweets or cakes to share with their friends. To prevent children eating these unhealthy foods several times a week, we kindly ask that cake or sweets are not brought into school for these occasions. This also reduces the risk of cross-contamination for children with food allergies and intolerances.

There are several occasions when the School Food Standards do not apply, such as at parties or celebrations to mark religious or cultural occasions, school fundraising events, as rewards for achievement, good behaviour or effort and on an occasional basis by parents or pupils.

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Working with parents and carers

We hope that all parents and carers will support this food and nutrition policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Appendix 1 - Eatwell Guide



Appendix 2 - School Food Standards Guidance



Fruit and Vegetables

- one or more portions of vegetables or salad as an accompaniment every day
- one or more portions of fruit every day
- a dessert containing at least 50% fruit 2 or more times each week
- at least 3 different fruits and 3 different vegetables each week



Starchy Foods

- one or more portions of food from this group every day
- 3 or more different starchy foods each week
- one or more wholegrain varieties of starchy food each week
- starchy food cooked in fat or oil no more than 2 days each week (applies across the whole school day)
- bread - with no added fat or oil - must be available every day



Milk and Dairy

- a portion of food from this group every day
- lower fat milk, which must be available for drinking at least once a day during school hours



Protein

- a portion of food from this group every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks
- for vegetarians, a portion of non-dairy protein on 3 or more days each week
- a meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools

Appendix 2 - School Food Standards Guidance



**Foods high in fat,
sugar and salt**

- no more than 2 portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week (applies across the whole school day)
- no more than 2 portions of food which include pastry each week (applies across the whole school day)
- savoury crackers or breadsticks, which can be served at lunch with fruit, vegetables or dairy food
- desserts, cakes and biscuits but they must not contain any confectionery

You should avoid:

- snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)
- confectionery, chocolate or chocolate-coated products (applies across the whole school day)

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful (applies across the whole school day).



Drinks

The only drinks permitted are:

- plain water (still or carbonated)
- lower fat milk or lactose reduced milk
- fruit or vegetable juice (maximum 150mls)
- plain soya, rice or oat drinks enriched with calcium
- plain fermented milk (for example yoghurt) drinks
- combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
- tea, coffee, hot chocolate

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.

Appendix 4 - Food Standards Agency Early Years Food Choking Hazards

Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.