

School Food and Nutrition Policy



Daven

Primary School

Person Responsible for the Policy	Headteacher
Date Approved	September 2025
Signed	J.Gosling
Date for Review	September 2027
Audience	Governors, Staff and Parents/Carers

Introduction

At Daven Primary School, we believe that nourishing our pupils is an essential part of empowering them to take on the world. In line with our core values – brave, kind and curious – we are committed to creating an environment that supports pupils to make health choices with foods, celebrates diversity, and encourage pupils to have positive relationships with food.

Our approach to food and nutrition follows the Department for Education’s School Food Standards, and the latest Early Years Foundation Stage Nutrition Guidance. We ensure that all food provided ensures a healthy, balanced, and age-appropriate diet which supports the physical and cognitive development of Daven pupils.

Eating at school will be a safe, inclusive and enjoyable experience, with meals that are tailored to the developmental needs of our pupils e.g. portion size. We promote kindness through shared mealtimes, curiosity by exploring a variety of foods and bravery by encouraging our pupils to explore a range of tastes and textures.

To support hydration and wellbeing, fresh drinking water is freely available throughout the day. Sugary and energy drinks are not allowed.

Purpose and Scope

To ensure all food and drink provided or consumed on school premises supports children’s health, learning and development and meets the UK government’s 2025 school and early years nutrition guidance.

This policy covers:

- Food and drinks provided by the school (nursery snacks).
- Packed lunches brought in by parents/carers (main school and nursery).
- Food-related activities (cooking, growing, celebrations).

It applies to all children aged 2–11 attending the school and nursery, staff, governors and volunteers.

Principles and statutory alignment

The school will follow the Department for Education’s School Food Standards and the new Early Years nutrition guidance (EYFS) to ensure food is healthy, balanced and age-appropriate.

Eating at school will be safe, inclusive, pleasurable and culturally sensitive; portion sizes and textures will be appropriate for developmental stage.

Water will be freely available throughout the day; sugary drinks and energy drinks are not permitted.

4. Nursery (ages 2–4) — snacks provided by the school

Frequency & timing

- A morning snack and an afternoon snack will be offered to children attending nursery.

Nutrition & portioning

- Snacks will be healthy, balanced and developmentally appropriate — combining a starchy food (e.g., wholegrain toast, crackers), a portion of fruit or veg and a milk/dairy or alternative where appropriate. Avoid whole nuts and hard foods for children under 5 due to choking risk.

Sample nursery snack menu

- Morning: wholegrain toast with mashed banana / plain yoghurt with soft fruit / oatcakes with hummus and soft cucumber.
- Afternoon: sliced soft pear and small cheese cubes / soft whole meal pitta / natural yoghurt with mashed berries.

Allergies & cultural needs

- All snacks will follow the school's allergy protocol; substitute alternatives will be offered where needed. Staff supervising snacks will be trained in allergy management and choking prevention.

5. Packed lunches (lunches provided by parents)

Parents/carers are asked to provide balanced lunches that are nutritious and portion-appropriate.

Healthy packed lunch should contain:

1. A portion of starchy food.
2. Protein (lean meat, chicken, egg, beans, pulses, fish, hummus, yoghurt).
3. At least one portion of vegetables and/or fruit.
4. A dairy or dairy alternative.
5. A drink of water.

Foods to avoid / limit:

- Sweets, chocolate bars, confectionery, crisps, deep-fried snack foods.
- Sugary drinks, juice cartons.
- Whole nuts in lunchboxes (where nut-free policy applies).

Examples of packed lunches:

Nursery (Children aged 2–4):

- Soft wholemeal sandwich with banana & cream cheese + diced peaches + water.
- Pasta salad with soft veg + soft pear + yoghurt pot.

Reception–Year 6 (4–11):

- Wholegrain wrap with lean ham/hummus + carrot sticks + apple + yoghurt + water.
- Brown rice with beans & veg + banana + cheese stick + water.

6. Celebrations, treats and fundraising

Cakes, biscuits or treats at special events are permitted occasionally. Healthy alternatives and allergy-safe options will be encouraged.

7. Allergen, medical & safety arrangements

The school will maintain up-to-date records of pupils' allergies/intolerances and follow individual healthcare plans. Staff handling food, and early years staff will be trained in anaphylaxis and choking prevention. No food will be shared without explicit parental consent.

8. Food education & environment

The school will provide age-appropriate nutrition education through the curriculum (growing, cooking, tasting) and encourage children to eat together to promote social skills and positive eating behaviours.

9. Safety eating plan

The new EYFS guidance states the following: 'Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate.' A list of these members of staff can be found in our first aid policy.

This is specific for all EYFS children (reception and preschool). It also says: Supervising staff should face the children during mealtimes; this allows them to react quickly in the case of choking or allergic reactions. It also enables them to watch for children swapping their food - especially dangerous for children with allergies and intolerances.

For nursery and reception pupils during snack and lunchtime, close monitoring is put in place. If a child has an instance of choking, this should be recorded on CPOMS and parents informed.