

Food Policy

Spa Bermondsey



Approved by:	Georgina Quigley	Date: 1/9/26
Last reviewed on:	1 st September 2026	
Next review due by:	1 st September 2027	

1. Aims

- This policy has been developed in partnership with the our school community and aims to ensure that our school provides an environment that encourages healthy food and eating, and helps our pupils make healthy food choices
- Food allergies and dietary needs are managed effectively
- Pupils have appropriate levels of responsibility and choice over the foods they eat
- Food safety and hygiene practices are followed, including avoiding cross-contamination
- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy, nutritious and safe food and drink

2. Legislation and guidance

This policy is based on the following legislation:

- [Natasha's Law](#)
- [The Requirements for School Food Regulations 2014](#)
- [Food Information \(Amendment\) \(England\) Regulations 2019](#)

It is also based on the following Department for Education (DfE) guidance:

- [School Food Standards practical guidance](#)
- [School food in England](#)
- [Allergy guidance for schools](#)

This policy complies with our funding agreement and articles of association.

3. Responsibilities of the school

The governing board and headteacher will make sure that this food and nutrition policy is properly implemented, and that food preparation, provision and nutrition procedures are followed in accordance with this policy.

All staff are responsible for following the policy and ensuring the health and safety of the pupils.

People with key responsibilities for food in schools

- Lead cook - Tracy Nwabia – responsible for managing the kitchen staff team; ordering, preparation, cooking and serving of school lunches
- Procurement Lead - The finance team orders food for drinks and lessons
- Café Team (Agnese Graudina and Louisa Rambarran) – supports KS5 work experience and food preparation in the School House Café
- Cooking Subject Lead (Natasha Dhesi) –plans cooking lessons and ensures curriculum coverage
- SMT –monitors foods brought into the school by students and other adults and upholds school-wide food expectations.

4. Responsibilities of parents/carers

We work in partnership with parents/carers to make sure all pupils are offered appropriate and nutritious food while at school.

We ask all parents/carers to:

- Refrain from including foods with nuts or fish in packed lunches to support students and staff with allergies
- Refrain from including fizzy drinks, crisps and sweets in packed lunches
- Share their child's sensory needs with the school
- Check with their child's phase lead before sending in celebration cakes in case of allergies

5. Communicating with parents/carers

We tell parents/carers by phone or in person promptly if our staff notice any issues with their child's food consumption or habits at school, such as:

- Eating very little at lunch time
- Seeking food at other times of day outside of lunch time

We work together with parents/carers to support students with limited or restricted diets to expand the foods they will try and work towards all pupils eating healthy balanced meals.

6. Sourcing food and ingredients

In buying food and ingredients, we follow the [government's guidance on sustainable procurement](#). Where possible, we buy seasonal and local food, and fish from verifiably sustainable sources (such as products certified by the Marine Stewardship Council (MSC)).

7. Providing food and drink at school

We follow the [School Food Standards](#), except in relation to food provided in the following circumstances, to which the standards don't apply:

- At parties or celebrations to mark religious or cultural occasions
- When teaching food preparation and cookery skills,
- On an occasional basis by parents/carers or pupils

We provide balanced and nutritious meals, fruit and drinks, from the school canteen timetabled mealtimes and breaktimes at the following times:

Drinks time: between 10:45 and 11:30 depending on key stage

Lunch time: between 12:15 and 1:15 depending on key stage

Pupils are encouraged to eat balanced meals containing a wide variety of foods from the 4 main food groups.

Our menus are:

- Planned to include substitutions and replacement ingredients for pupils with special dietary requirements
- Reviewed **each term**, to include seasonal produce
- Shared by sending our menu home with pupils as well as adding to our website | parents/carers to:
 - Provide allergen information
 - Help them balance food at home by providing varied meals
 - Reassure them that their child is getting a nutritious and balanced diet at school

- Seek their feedback, particularly regarding cultural preferences

7.1 Specific food group requirements

We adhere to the following rules for the 4 main food groups across the whole school day:

➤ Starchy foods:

- We include 1 or more portions of food from this group every day
- We offer 3 or more different starchy foods each week
- We provide 1 or more wholegrain varieties of starchy food each week.
- We offer bread with no added fat or oil each day
- We limit starchy food cooked in fat or oil to no more than 2 days each week
- We do not add salt to water when cooking pasta, rice and other starchy foods

➤ Fruit and vegetables:

- We serve 4 or more portions of vegetables or salad as an accompaniment every day
- We provide 2 portions of fruit every day
- We offer a dessert containing at least 50% fruit 3 times each week
- We provide at least 4 different fruits and 11 different vegetables each week
- We serve (low-salt and low-sugar) baked beans no more than once a week

➤ Milk and dairy:

- We include a portion of food from this group every day

➤ Protein sources:

- We include a portion of food from this group every day
- We provide a portion of non-dairy protein four days each week (e.g. chickpeas, tofu or lentils)
- If we serve pulses as a non-dairy protein, we also provide a separate vegetable serving

7.2 General health and nutrition requirements

We adhere to the following rules for general health and nutrition requirements for food provision across the whole school day:

Each week, we serve no more than 1 portion of:

- Food we deep-fry, or coat in batter or breadcrumbs
- Food which includes pastry

We never serve or offer:

- Confectionery, chocolate or chocolate-coated products
- Snacks, fruit with no added salt, sugar or fat
- Salt to add to food after we cook it
- More than 10g or 1 teaspoonful of condiments per serving

Any desserts, cakes and biscuits we do serve will not contain any confectionery.

7.3 Availability of water

We provide pupils with access to fresh, free drinking water throughout the whole school day from:

- Every class has a sink so that pupils can access drinking water at any time

- › Water jugs on every table during mealtimes
- › Water fountain in the fitness suite

8. Food safety and hygiene

Our staff use our food preparation area to prepare meals, snacks and drinks.

The area includes suitable facilities for hygienically preparing foods and sterilising equipment.

Our staff use colour-coded equipment and utensils

Staff with responsibility for food preparation and handling are competent and receive food hygiene training. Their training is renewed every year.

All staff wash their hands regularly, particularly after helping unwell pupils or handling their belongings.

8.1 Procedures for managing food poisoning

If any pupil shows symptoms of food poisoning, we will:

- › Contact parents/carers immediately to collect the pupil as soon as possible
- › Prevent the spread of infection by isolating the pupil in a quiet area with easy access to a sick bowl and toilet
- › Monitor the pupil for signs of dehydration, including a dry mouth or confusion
- › Encourage the pupil to take small, frequent sips of water

Parents/carers are advised not to return the pupil to school until they have been symptom free for at least 48 hours.

Georgina Quigley will notify Ofsted of any food poisoning affecting 2 or more children as soon as possible, and **always within 14 days** of the incident.

9. Managing allergies and food intolerances

We take allergy and food intolerance management seriously and follow strict procedures to ensure that all pupils can eat safely.

- › Before a pupil joins our school, we gather detailed information about any known food allergies or intolerances
- › **All** staff are trained to be aware of and understand information around food allergies by:
 - Knowing the symptoms and treatments for allergies and anaphylaxis
 - Understanding the difference between allergies and intolerances
 - Being aware that pupils can develop allergies at any time

We share information about food allergies with all staff, and make them aware of which pupils have allergies or intolerances so they can ensure that the pupil is given an alternative where the food served contains an allergen.

All staff follow strict measures to avoid cross-contamination, including washing hands, using colour-coded equipment and sharing clear rules around visitors bringing food into school.

Posters are in key areas around the school so that all staff are aware of any food allergies a pupil may have. This information is also on pupil's pen portraits.

9.1 Procedures to manage allergies and intolerances

We plan menus to include food substitutions, where necessary, for pupils with allergies or intolerances.

We make sure that our food is safe for pupils with an allergy or intolerance by:

- Showing allergen ingredients information for the meals served, as outlined in this policy
- Checking any product changes with our food suppliers
- Ensuring our staff read labels and product information before using a product

Through ongoing discussions with parents/carers and health professionals, if appropriate, we create an individual medical risk assessment for each pupil to help manage their allergy or intolerance.

- This information is kept up-to-date and shared with all staff
- We work with the school nurse team if more support is required

9.2 Procedures for managing allergic reactions and intolerances

If a staff member suspects a food intolerance, or is the first to identify an allergic reaction in a pupil, they will:

- Administer the pupil's prescribed medication immediately in line with our allergy policy
- Contact emergency services immediately after administering the medication
- Monitor the pupil and administer a second dose of medication, if required
- Safely move the pupil to a location away from the allergen and stay with them at all times

If a staff member suspects that a pupil has reacted to a food for the first time, they will:

- Immediately tell the senior member of staff on duty, who will contact the pupil's parents/carers
- Safely move the pupil away from the allergen and stay with them at all times
- Comfort and reassure the pupil to keep them calm

Staff members suspecting a food intolerance will work alongside parents/carers to keep a diary of foods eaten in school and at home, including any symptoms experienced.

10. Allergen food labelling

The 14 allergens that we track and highlight are:

- Celery
- Cereals containing gluten, such as wheat, barley, oats and some flours
- Crustaceans, such as prawns, crabs and lobsters
- Eggs
- Fish
- Lupin, such as bread made with lupin seeds
- Milk
- Molluscs, such as mussels and oysters
- Mustard
- Peanuts
- Sesame
- Soybeans
- Sulphur dioxide and sulphites, if they're concentrated at more than 10 parts per million
- Tree nuts, such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

We include information about the presence of any of these allergens in our dishes on our menus, which sent home at the start of each term and are saved on our website.

11. Managing other special dietary requirements

We are committed to supporting pupils with special dietary requirements and food intolerances, ensuring that every pupil can eat safely and in accordance with their cultural needs and preferences.

Before a pupil joins our school, we gather detailed information about any special dietary or health requirements, food preferences and intolerances. We share this information with **all** staff involved in preparing and handling food.

We plan menus to include food substitutions, where necessary, for pupils with special dietary requirements.

We also:

- Check any product changes with our food suppliers
- Require staff preparing food to read labels and product information before using a product
- Have a high level of staff support during lunch times and during drinks

11.1 Provision for cultural and dietary preferences

We understand that food preferences can be linked to cultural backgrounds, religious beliefs, or personal choices, such as vegetarianism.

We create an inclusive eating environment that caters to the cultural and dietary needs of all pupils by:

- Communicating openly with parents/carers to understand specific food preferences or needs, such as halal or kosher
- Being sensitive to certain customs, and how these affect meal and snack times
- Adapting menus to include foods from different cultures

11.2 Pupils with additional support needs

All pupils at Spa Bermondsey are autistic, with some having specific sensory needs related to food. We support all pupils to enjoy lunch times by:

- Having a range of foods that are available if a pupil does not like that day's offer
- Having a quieter space available in the conservatory
- Having a space away from food preparation for pupils who struggle with smells – this is currently in the Drama room
- Have a high ratio of staff support, including 1:1 support if needed at lunch time
- Support pupils with packed lunches that need to be heated

For medically required special diets not covered in this policy, we need written confirmation from a health professional to make sure we meet the pupil's specific nutritional needs.

12. Food brought in from home

We share our food and nutrition policy with parents/carers on our website with annual reminders in our newsletter to help them understand our requirements and encourage healthy choices for packed lunches, and any other food brought from home.

The following foods must **not** be brought into school on any occasion:

- Foods with nuts, especially peanuts

- Fish in packed lunches without prior permission from a member of the SMT

12.1 Safety and hygiene

Staff check all food brought from home for potential allergens to reduce the risk of cross-contamination.

For pupils with allergies, staff will store packed lunches separately in the kitchen to reduce the risk of cross-contamination.

We store packed lunches in designated refrigerators, ensuring we follow the food safety, hygiene and allergy procedures outlined in this policy.

We ask parents/carers to:

- Use insulated sealed bags for perishable foods
- Label their lunch bags and their contents with their name

12.2 Celebrations

If parents/carers/pupils, visitors, volunteers or school staff wish to bring in food for special occasions, we ask that they only do this on 1 of the following:

- When asked to by the school
- When it has been agreed in advance with their child's phase lead

Food brought into school **must not contain** nuts

13. The cooking curriculum

Our cooking curriculum covers the following:

It includes modules on:

- Food preparation and cooking
- Designing, making and evaluating food
- Healthy eating habits
- Food labelling
- Good food safety and hygiene

We involve parents/carers by:

- Sharing recipes pupils can prepare at home
- Asking them to provide us with up-to-date information on their child's dietary needs and cultural food preferences

13.1 Managing allergens and special diets

Our pupils are taught how to:

- Identify the 14 major allergens listed in this policy
- Understand the risks associated with cross contamination
- Adapt recipes and ingredients to accommodate food allergies, intolerances, and cultural or dietary preferences (e.g. vegetarian or halal)

13.2 Food safety

We teach our pupils to:

- Follow strict handwashing/hygiene procedures before and during food preparation
- Handle and store food safely, and use appropriate cooking temperatures to prevent food poisoning
- Keep food preparation spaces clean and tidy, following the correct cleaning procedures

13.3 Understanding cultural food preferences

Our pupils are given the opportunity to:

- Explore the role of food in different cultures and religious beliefs (e.g. the requirements for halal and kosher foods)
- Analyse how preparation methods, ingredient choices (e.g. avoiding pork), and specific eating customs differ across communities and religions
- Develop inclusive menus and recipes that respect and cater to different dietary needs by choosing appropriate substitutions and certified ingredients

18. Monitoring arrangements

This policy will be reviewed by the Headteacher every year. At every review, the policy will be shared with and approved by the Local Governing Body