



St. John's CE Primary School
Wetley Rocks

Food and Nutrition Policy

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Introduction

St. John's actively supports healthy eating and drinking and food education throughout the school day. We are committed to demonstrating consistent messages about healthy eating as we believe that a healthy lifestyle should be always encouraged. The School Food Standards is in place to ensure that children have access to a wide variety of healthy and nutritious foods to protect those who are nutritionally vulnerable and promote good eating behaviour.

Aims, purpose and responsibility

Why children need to eat well:

- What children eat today shapes the dietary choices they will make for the rest of their lives.
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy.
- When children eat better, they do better – they're in better shape to reach their full potential.
- Eating healthy food is one of life's real pleasures: every child should know how it feels to enjoy a healthy and nutritious meal.

This policy covers all food provided by and consumed in school, including before and after school, and on school trips and in extra-curricular events.

Why is a policy needed?

At St John's, we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (eg cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum and DfE guidance.

Our objectives are to:

- Be valuable role models to pupils and their families in order to contribute to the improvement of children's health and wellbeing, behaviour, concentration and learning outcomes by promoting a whole school approach to food education and healthy eating.
- Enable pupils to make healthier choices by increasing knowledge, developing and promoting healthy eating.
- Provide accurate information about nutrition in relation to personal health and help enable pupils to understand that a balanced diet is beneficial.
- Make parents / carers aware that lunch is part of the education process and that learning to enjoy a balanced diet is treated in the same way as any other lesson.
- Create and sustain a whole school, consistent approach to our lunchtimes, healthy eating and food education within our school community.
- Ensure that all food served in school is fully compliant with the updated DfE and Food Standards guidance.
- Actively encourage healthy packed lunches.
- Promote the importance of hydration to children's health and education: recommend water as the drink of choice for all children (including those bringing packed lunches from home), and ensure all children have access to drinking water throughout the school day.

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Kitchen / Club staff are responsible for providing high quality food that complies with the national nutritional standards for school food.
- Parents receive the catering menu in a timely manner as produced by our catering supplier.

Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHE, D&T and PE.

School lunches

All school meals are provided by a contracted caterer who acts in accordance with the School Food Standards. A copy of the menu can be found on the school website, and is also available via the school office if required. The dining area has a positive atmosphere where children socialise and enjoy their dining experience.

Packed Lunches

We strongly encourage and appreciate the support of families to make healthy choices with regard to their child's packed lunch. We ask that parents provide children with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Supporting Resources

We support the NHS 'Better Health Better Families' advice and recommended trying to swap the following foods with alternatives:

	Swap with...
Foods that are high in sugar eg biscuits, chocolate, cake bars, pudding pots, split-pots / high sugar yoghurts, cereal bars.	Malt loaf / rice cakes / fresh or tinned fruit (in juice not syrup) / tea cakes / scotch pancakes / crumpets / crackers and cheese.
Fizzy or sugary drinks.	Water / no added sugar drinks.

Change4Life have provided a healthier food choices app and website to help make better choices for your child's lunchbox. They have also created a sugar calculator to help with understanding how much sugar is in your child's food. If parents are concerned about their child's weight, they can also utilise the NHS BMI calculator to help them understand children's BMI guidelines.

- Change4Life: <https://www.nhs.uk/healthier-families/>
- Eat Well Guide: [The Eatwell Guide - NHS](#)
- <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>
- [Sugar calculator - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
- [Children's weight - Healthier Families - NHS \(www.nhs.uk\)](#)

Special diets and allergies and intolerances / Special Educational Needs and Disabilities

The school recognises that some pupils may require special diets that do not allow the standards to be met exactly. Please contact the school office if you'd like to discuss your child's dietary requirements. A specific care plan is created for children where necessary in conjunction with our provider.

For these reasons pupils are also not permitted to swap or share food items – please reinforce this with your child.

Nut allergies / intolerances

Please avoid sending nuts / foods with nuts into school due to allergies.

Parents are asked to refrain from providing food products which may contain nuts in packed lunches or any other food brought into the school due to potential nut / peanut allergies. Where allergies / intolerances are medically diagnosed, personalised plans are written and communicated to staff to ensure children are kept safe.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Pupils will be asked to take home any food that they have not eaten so that you're aware of what they've eaten during the school day.

Foods are at risk of harmful bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Please ensure that foods which are choking hazards are appropriately cut up eg grapes / sausages / baby tomatoes. The DfE have issued new guidance for food preparation for younger children within the EYFS. This information can be found in Appendix 1 and on the [Food Standards Website](#).

Water for all

Pupils are encouraged to bring a 500ml reusable water bottle into school each day and are encouraged to drink water. Water bottles can be filled throughout the day. Larger water bottles can weigh a substantial amount and put children at risk of injury if dropped so please do not send children into school with these.

Snacks

These will be provided as follows:

- Milk is provided for children under 5.
- Milk is provided for children over 5 at a small cost. Payment will be made via ParentPay.
- Water is provided for all other children.
- Fruit / vegetables are provided as snack for all EYFS and KS1 children.
- Key Stage 2 children are encouraged to bring in healthy snacks for break times, for example: fruit, vegetables, rice crackers, pitta bread, crumpets, malt loaf.

More snack ideas can be found on the 'Better Health. Better Families' site:
<https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>

Snacks at Before / After School Club

Food provided at the Before / After School Club follows government guidance:

Fruit and Vegetables	Bread, rice potatoes and pasta	Meat, fish, egg or beans.	Milk and dairy foods
Selection of various fruits or vegetables Smashed avocado Hummus Salsa dip Vegetable based soups in winter	Rice cakes Pitta breads English muffins Whole meal bread Crumpets Oatcakes Low fat crackers Bagels Breadsticks	Baked beans Hummus Meat based soups in winter	Cream cheese Grated cheese Low fat yoghurts Low fat spread Alternatives will be provided pupils with allergies / intolerances.

Celebrations / Special School Events.

After consultation with parents, we recognise that special occasions, such as birthdays / charity events / celebrations, are important to our school community. While our policy generally discourages the regular consumption of sweet treats, we understand that these occasions may warrant an exception.

During special events, the school may provide food which is deemed as an occasional treat. These events could include, but are not limited to events such as fundraising / cake sales / occasional celebratory treats in school.

Pupil Birthdays:

Parents / carers are welcome to send birthday treats to celebrate birthdays, however where possible please consider alternatives to high sugar treats eg stickers / stationary items / bubbles.

Any food items will be given to children at home time so that these can be enjoyed at home with the consent of their parents.

SHINE Like the star you are.

Useful information / further guidance:

Early Years Food and Nutrition Guidance (May 2025)

<https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition>

Support for looking after your teeth:

<https://www.nhs.uk/start-for-life/how-to-take-care-of-your-baby-or-toddlers-teeth/>

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums/>

Appendix 1 – FOOD STANDARDS AGENCY EYFS CHOKING HAZARDS

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.
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.