



CAVERSHAM PARK PRIMARY SCHOOL

Whole School (including EYFS) Food & Nutrition Policy

Introduction

At Caversham Park Primary School, we recognise the importance of promoting healthy eating habits and providing children in all key stages with positive experiences of food. Good nutrition is vital for children's health, growth, and development, and for laying the foundations for lifelong wellbeing.

This policy outlines our approach to food and nutrition across the whole school, including EYFS, ensuring we meet statutory requirements and support the wider aims of our school community.

Aims and objectives

At Caversham Park Primary School we aim to:

- Promote children's health and wellbeing through a balanced approach to food and nutrition.
- Provide access to healthy, nutritious snacks and meals in line with the School Food Standards (2015).
- Promote the understanding of the importance of breakfast as good preparation for the day ahead by providing a breakfast club and being a pilot school in the Government's free universal breakfast club scheme.
- Promote the eating of fresh fruit and vegetables at breaktime.
- Encourage children to develop independence, confidence, and positive attitudes towards food.
- Support parents and carers in making healthy food choices for their children in their lunchboxes and snacks brought into school.
- Teach children about food, nutrition, and healthy lifestyles as part of the curriculum.

Food Provision

Snacks

- Children in EYFS / KS1 are provided with free fruit or vegetables each day through the School Fruit & Vegetable Scheme.
- Milk is available for all children under the age of five, and water is freely accessible throughout the day.
- Children in KS2 are encouraged to bring in fresh fruit and vegetables to eat at breaktime.

School Meals

- All EYFS / KS1 children are entitled to a free school meal through Universal Infant Free School Meals (UIFSM).
- Meals are freshly prepared, by a contracted caterer and are nutritionally balanced, and compliant with School Food Standards.
- Dietary needs, allergies, cultural and religious food requirements are respected and accommodated.

Packed Lunches

- Many children bring a packed lunch to school. We do not allow sweets, chocolate bars or fizzy drinks in these but are happy to offer guidelines as to what would constitute a healthy lunchbox for the children.
- Sweets should only be brought into school as part of a celebration and they must be handed to the class teacher for distribution at the end of the day.

Water and Drinks

- Water is freely available throughout the school day to all members of the school community. Children are encouraged to bring their own water bottles into school. Children may drink their water at any time except during assemblies, unless for medical reasons. Fruit squash / juice or flavoured water is not allowed in water bottles throughout the school day, but may be drunk at lunchtime as part of a packed lunch.

Food Education

Food and nutrition are embedded in the curriculum through:

- Cooking and food-tasting activities.
- Growing fruit, vegetables, and herbs in the school garden.
- Learning about healthy eating, hygiene, and oral health.
- Celebrating cultural and seasonal food traditions.

Roles and Responsibilities

- **School staff** model healthy eating behaviours and encourage positive attitudes towards food.
- **Parents/carers** are expected to provide healthy packed lunches where applicable and share relevant information about allergies or dietary needs.
- **Children** are supported to try new foods, make choices, and develop independence in eating and serving themselves.

Allergies & Special Diets

- The school maintains up-to-date records of children's medical needs, allergies, and intolerances.
- Staff are trained to manage allergies and use risk assessments to ensure children's safety.
- Parents/carers must provide medical evidence for prescribed dietary needs.

If a child has a severe allergy to a food substance, e.g. nuts/dairy/sesame that requires emergency medication, it is the parent / carer's responsibility to inform the school immediately, giving details of symptoms and treatment. A special diet can then be created by the catering company, working together with the parent / carer and child.

When we have children in school with severe food allergies (such as sesame) we will inform children/parents/carers in the wider school community that packed lunches must not include these items.

The school operates as "nut and sesame seed free" site.

Oral Health

In line with EYFS statutory guidance, oral health is promoted by:

- Teaching about toothbrushing and dental hygiene.
- Encouraging children to drink water or milk rather than sugary drinks.
- Avoiding the use of sweets or sugary foods as rewards.

This policy will be reviewed annually in consultation with staff, parents, and governors to ensure it reflects current guidance and best practice.

Policy Date	Review Date
September 2025	September 2026