

St Catherine's Catholic Primary School



Food and Nutrition Policy

MISSION STATEMENT

GROWING IN FAITH

*Our vision at St Catherine's Catholic Primary School
and all we do, and aspire to be,
is centred on the love, life and teaching of Jesus,
and rooted in the faith of the Catholic Church.*

AIMING FOR EXCELLENCE

*Our aim is to build a loving, happy, safe and welcoming school where
everyone has the opportunity and support to recognise, celebrate and
develop
their God given gifts and talents, learning in a creative and friendly school
family.*

LEARNING FOR LIFE

*Journeying together with each other,
we work in harmony
to provide outstanding Catholic Education
for all our pupils preparing them to fulfil their mission
to the world in which we live.*

Policy Adopted: March 2026

To be reviewed: March 2028

1. Policy Statement

St Catherine's is committed to promoting healthy eating habits which support the well-being, growth, concentration and achievement of all pupils. We recognise that food provided and consumed across the school day plays a vital role in pupils' health and educational outcomes, and that good nutrition supports learning, behaviour and engagement. This policy defines our approach to food and nutrition in line with statutory School Food Standards and Ofsted expectations for behaviour, personal development and the curriculum.

2. Scope

This policy applies to:

- All food and drink provided by the school on school premises (meals, snacks, drinks, booster and after-school clubs (but not including the clubs provided by Goodground Childcare));
- Food included in curriculum topic activities;
- Packed lunches brought from home (guidance for balanced choices).

This includes provision for pupils with special dietary needs, cultural/faith requirements, allergies, and vegetarians/vegans, ensuring dignity and inclusion for all.

3. Aims

Our aims are to ensure that:

- This policy aims to ensure that our school provides an environment that encourages healthy food and eating, and helps our pupils make healthy food choices
- Food offered at school is nutritious, safe and enjoyable.
- Pupils learn about healthy eating as part of a broad curriculum, linking food choices to health, sustainability and well-being.
- All pupils have equitable access to healthy food, including offering free school meals to eligible pupils in line with Government entitlement and any school-led provision.
- Food allergies and dietary needs are managed effectively
- Younger children are kept healthy and safe by meeting the Early Years Foundation Stage (EYFS) statutory framework standards around food and nutrition
- Food safety and hygiene practices are followed, including proper food preparation to prevent choking
- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy, nutritious and safe food and drink

4. Compliance with Government Standards and Requirements

4.1 School Food Standards

All food provided by the school conforms to the Government's School Food Standards, which are statutory for state-funded schools across England (including maintained schools, academies and free schools where required). These standards:

- Ensure nutritious, balanced meals with minimum servings of fruit, vegetables and wholegrains;
- Limit foods high in fat, sugar and salt (HFSS);
- Restrict deep-fried, pastry and highly processed items to defined maximum frequencies;
- Ensure appropriate choices of healthier drinks (e.g., water, milk) and restrict sugary drinks and confectionery; and
- Apply across the whole school day (breakfast, lunch, after-school) not just lunchtime service.

Examples of current requirements include (but are not limited to):

- At least one portion of vegetables and one portion of fruit every day;
- No more than two portions per week of deep-fried food and food containing pastry;
- Wholegrain foods offered regularly;
- Water must be available and encouraged as the drink of choice.

5. Provision and Practice

5.1 School Meals

- Menus are planned by WSCC in partnership with qualified catering contractors (Chartwells) and reviewed regularly to meet School Food Standards.
- At least two courses are offered at lunchtime where appropriate, including vegetarian and allergen-safe options.
- Texture and portion sizes are age-appropriate.

5.2 Packed Lunch Guidelines

St Catherine's recognises that some pupils bring packed lunches from home. We aim to work in partnership with parents and carers to ensure packed lunches support pupils' health, concentration and well-being, and reflect the principles of the School Food Standards.

What We Encourage in Packed Lunches

Packed lunches should include a **balanced selection** from the following food groups:

- **Fruit and vegetables**
At least one portion of fruit and one portion of vegetables (fresh, frozen, dried or tinned in juice/water).
- **Starchy foods**
Preferably wholegrain options such as wholemeal bread, wraps, pasta, rice, potatoes or couscous.
- **Protein foods**
Lean meat, poultry, fish (not fried), eggs, beans, pulses, tofu, hummus or other vegetarian alternatives.
- **Dairy or dairy alternatives**
Milk, yoghurt or cheese (lower-fat where appropriate), or calcium-fortified alternatives.
- **Drinks**
Plain water or milk.

Foods We Ask Parents/Carers Not to Include

To support healthy eating habits and align with School Food Standards, we ask parents to not include:

- Confectionery such as sweets or chocolate bars;
- Any items containing nuts
- Cakes, biscuits or pastries (including cereal bars high in sugar);
- Crisps or high-salt savoury snacks;
- Sugary or fizzy drinks, including fruit juices and smoothies.

Some items may be sent home uneaten, with a gentle reminder to parents/carers.

5.3 Food Safety

- Parents/carers are asked to ensure food is safely prepared and stored.
- The school cannot heat or refrigerate packed lunches unless agreed as part of an individual care plan.

5.4 Managing allergies and food intolerances

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

- Before a child joins our school, we gather detailed information about any known food allergies or intolerances.
- Packed lunches must **not contain nuts or nut products**, due to severe allergies within the school community. Items found that contain nuts will be removed and sent home – parents will also be contacted to remind them of the “no nuts” rule.
- **All** staff are trained to be aware of and understand information about food allergies by:
 - Knowing the symptoms and treatments for allergies and anaphylaxis.
 - Understanding the difference between allergies and intolerances.
 - Being aware that children can develop allergies at any time, particularly during the introduction of solid foods.

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

5.5 Water & Drinks

- Free drinking water available throughout the day.
- Lower-fat milk offered at lunch times.
- Free low-fat milk is available for U5s funded by the Nursery Milk Scheme. Parents are required to register with Coolmilk to access the provision – parents may also purchase milk for O5s.
- Sugary drinks are not sold on site.

5.6 Snacks and Break-times

- Break-time snacks for EYFS, Years 1 and 2 are provided by the school and will be fruit under the government-funded School Fruit and Vegetable Scheme (SFVS).

- Key Stage 2 pupils are encouraged to bring a health snack for break-time, such as fruit or vegetable sticks.

5.7 Special Dietary Needs

- We recognise that some pupils may have medical, cultural, religious or ethical dietary requirements. These will always be respected, and parents/carers are encouraged to discuss any specific needs with the school.
- Meals provided by the contracted caterers allow for allergies, intolerances, cultural/faith dietary needs, and vegetarian/vegan options and follow Food Safety and Allergen Regulations.

5.8 Food Education

- Students will learn about healthy food choices through classroom learning and school activities (e.g. Healthy Week)
- Teachers and staff will model healthy eating behaviours
- Healthy food choices will be encouraged at school events and celebrations

6. Safer eating

While eating, pupils are always supervised and within sight and sound of a suitably qualified staff member.

6.1 Food preparation to prevent choking

Food is prepared in a suitable way for each child's developmental needs, avoiding round shapes and cutting food appropriately (e.g. cutting carrots into narrow batons).

6.2 Eating environment

When eating, all children are always:

- Seated safely
- Within sight and hearing of staff

We record any incidents of choking needing intervention and inform parents/carers.

6.3 One-to-one supervision

We offer children with physical, developmental, or sensory issues affecting their eating one-to-one supervision in consultation with parents/carers and health professionals.

6.4 Paediatric first aiders

At least 1 member of staff with a current paediatric first aid (PFA) certificate is always in the room when children are eating.

Any medicines are given to children as needed and in accordance with our Managing Medicines policy.

7. Sustainability

Our school will:

- Encourage reducing food waste
- Promote recycling and composting where possible
- Support environmentally friendly food practices

8. Roles and Responsibilities

Local Authority (WSCC)

- Review food standards compliance and outcomes.
- Ensure contracted caterers provide meals which are compliant with the latest School Food Standards.
- Monitor contracted caterers standards and provision.

Governing Body

- Ensure the policy is implemented and monitored.

Senior Leadership Team

- Champion healthy eating across school culture.
- Allocate budget for quality food provision.

Contracted Catering Staff

- Provide healthy food choices that meet school guidelines and government standards.
- Record menus and supplier information for audit.
- Follow food safety and hygiene rules.
- Clearly label foods and allergens.

Teaching Staff

- Reinforce healthy eating messages and integrate nutrition education.
- Follow food safety and allergy procedures when using food in curriculum activities.
- Support students with special dietary needs.

Lunchtime Supervision Staff

- Monitor pupils in the dining hall during lunchtime to ensure safety and good behavior.
- Watch for hazards, e.g. spills, behavior, medical issues,
- Monitor packed lunches for allergens and report concerns to Senior Leadership
- Support pupils in managing their food by assisting in cutting items to appropriate age related sizes and helping younger pupils with trays
- Manage lunchtime food queues and seating

Parents and Carers

- Provide healthy food from home where possible.
- Encourage their child to try a variety of foods and eat a balanced diet at home and in school.
- Provide a healthy breakfast at home before arriving at school.
- Inform the school about allergies, medical dietary needs, food intolerances and religious or cultural dietary requirements and keep the school informed of any changes to their child's dietary needs.
- Support healthy eating messages at home.

9. Policy Review

This policy will be reviewed every **two years** or sooner if statutory guidance or standards change.

Healthy Packed Lunch Guide for Parents & Carers

At St Catherine's, we encourage packed lunches that help children stay healthy, focused and ready to learn. Thank you for supporting us with these simple guidelines.

What to Include Every Day

Try to include **at least one item from each group**:

Fruit & Vegetables

Fresh, frozen, dried or tinned fruit (in juice or water), salad sticks, cherry tomatoes, cucumber, peppers. Items should be cut to an appropriate size to reduce the risk of choking.

Starchy Foods

Wholemeal bread, wraps, pitta, pasta, rice, couscous or potatoes.

Protein Foods

Chicken, fish (not fried), eggs, beans, lentils, hummus, cheese, tofu or yoghurt.

Dairy or Alternatives

Milk, yoghurt, cheese or calcium-fortified dairy alternatives.

Drinks

Plain water or milk.

Lunchbox Ideas

Here are some balanced and easy lunchbox combinations:

Sandwich & Wrap Ideas

- Wholemeal chicken & salad sandwich + apple + yoghurt
- Hummus & grated carrot wrap + cucumber sticks + banana
- Egg mayonnaise (light) sandwich + cherry tomatoes + fruit pot

Pasta & Rice Boxes

- Wholewheat pasta with tuna, sweetcorn & peas + orange
- Rice with roasted vegetables & chickpeas + yoghurt
- Couscous with chicken or falafel + mixed salad + grapes

No-Sandwich Options

- Cheese cubes, wholegrain crackers & salad sticks + pear

- Boiled egg, mini wholemeal pitta & hummus + berries
- Leftover jacket potato with beans or tuna + fruit

Healthy Extras

- Fruit slices or fruit pots
- Vegetable sticks with hummus or yoghurt dip
- Plain yoghurt with fresh or dried fruit

Please Do Not Include

To keep lunches healthy and in line with school guidance, please avoid:

- ⊘ Sweets or chocolate
- ⊘ Crisps or high-salt snacks
- ⊘ Cakes, biscuits or sugary cereal bars
- ⊘ Fizzy drinks, fruit juices or smoothies

Allergies & Safety

 **No nuts or nut products**, as some children have severe allergies.

Please ensure food is safely prepared and stored. We are unable to heat or refrigerate packed lunches.

Special Diets

We respect medical, cultural, religious and ethical dietary needs. Please speak to the school if your child has specific requirements.

Thank You

We work in partnership with families to promote healthy eating habits for life. Thank you for your support.

Healthy Lunchbox Ideas!

Pack a balanced lunch with a mix from these food groups:



Fruit & Veg



Protein



Starchy Foods



Dairy or Dairy Alternatives

Pasta & Rice Boxes

Super Sandwiches & Wraps



- Chicken & Salad Sandwich
- Hummus & Veggie Wrap
- Egg Mayo & Tomato

Pasta & Rice Boxes



- Pasta Salad with Tuna
- Rice & Veggie Box
- Couscous with Chicken

No-Sandwich Picks



- Cheese & Crackers
- Boiled Egg & Hummus
- Jacket Potato & Beans

Healthy Snacks!



- Veggie Sticks & Dip



- Fresh Fruit or Yoghurt



- Rice Cakes or Popcorn

Please Avoid:



Sweets, Crisps & Sugary Drinks



No Nuts!

We are a Nut-Free School.



Thanks for helping us keep lunchboxes healthy!