

# St Paul's Catholic Nursery and Primary School



## Food Policy

*This policy will be reviewed following any concerns and/or updates to national/local guidance or procedures*

Written: June 2025

Agreed by Governors: June 2025

Review: June 2028

## 1. Introduction

At St Paul's Catholic Primary School, we recognise the importance of a healthy, balanced diet in supporting children's growth, development, and capacity to learn. This policy sets out our approach to food and drink provided throughout the school day and ensures compliance with national legislation, including the **School Food Standards (2014)** and **Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)**.

## 2. Aims

- To ensure all food and drink provided by the school supports the health and well-being of pupils.
- To comply fully with the **School Food Standards** and promote healthy eating habits.
- To meet all legal obligations regarding food allergens and food safety.
- To foster a whole-school approach to food that aligns with our health and wellbeing curriculum.

## 3. Legal and Regulatory Framework

This policy complies with:

- **The Requirements for School Food Regulations 2014**
- **School Food Standards: Practical Guide by the DfE**
- **The Food Information (Amendment) (England) Regulations 2019** (Natasha's Law)
- **Food Safety Act 1990** and relevant hygiene standards

## 4. Scope of the Policy

This policy covers all food and drink provided or consumed on school premises or during school activities, including:

- **School lunches** (provided by caterers or in-house)
- **Packed lunches brought from home**
- **Snacks during school hours**
- **Food and drink on school trips, events, or celebrations**

## 5. School Food Standards Compliance

We commit to providing food that aligns with the **School Food Standards**, including:

- **Plenty of fruit and vegetables:** At least one portion of vegetables or salad as part of every lunch, and a variety of fruit offered daily.
- **Plenty of unrefined starchy foods:** Including wholegrain bread, pasta, rice, and potatoes.
- **Protein sources:** A range of meat, fish, eggs, beans, and other non-dairy protein options served regularly.
- **Milk and dairy:** Lower-fat milk and dairy foods provided in moderation.
- **Limited high-fat, salt, and sugar items:** Foods and drinks high in saturated fat, salt, or sugar are restricted and not served more than permitted.
- **Free, fresh drinking water** is available at all times.

Menus are planned with input from catering staff and reviewed termly to ensure nutritional balance and variety.

## 6. Allergen Management and Natasha's Law

We comply with **Natasha's Law**, requiring all **pre-packed for direct sale (PPDS)** foods to include clear ingredient labels with **allergens clearly highlighted**. We ensure:

- All staff handling food are trained in food allergy awareness.
- Ingredient and allergen information is available and displayed for all food provided on-site.
- Parents and carers are encouraged to share any dietary or allergy information with the school.
- Appropriate steps are taken to avoid cross-contamination in food preparation.

## 7. Packed Lunches from Home

We encourage parents and carers to provide healthy, balanced packed lunches in line with the School Food Standards. To support the health and wellbeing of all pupils, especially those with food allergies, we ask that packed lunches:

### Should not include:

- Fizzy drinks, sweets, or chocolate bars
- High-fat snacks such as crisps (baked or wholegrain alternatives are acceptable in moderation)
- Products high in sugar such as cakes, pastries, and confectionery
- **Any nuts or products containing nuts**, including peanut butter, Nutella-style spreads, cereal bars with nuts, or baked goods with nuts

**Please note:** We are a **nut-free school**. This policy is in place to protect children with severe nut allergies. We ask all parents and carers to check food labels carefully to avoid accidental inclusion of nut-containing items.

A list of suggested healthy packed lunch items is shared with parents annually and available on request.

## 8. Snacks and Drinks

- We provide a **free fruit or vegetable snack** to all pupils in Key Stage 1 through the School Fruit and Vegetable Scheme.
- Pupils may bring a healthy snack (e.g., fruit, vegetables, wholegrain crackers) from home in KS2.
- Only **water and milk** are permitted as drinks during the school day.

## 9. Special Events, Trips, and Celebrations

- All food served on trips or at events adheres to allergen regulations and healthy eating principles.
- Parents are notified in advance about food served on trips or during school celebrations.
- Birthday treats may be brought in but must be in sealed, shop-bought packaging with a clear ingredients label.
  - These treats will not be distributed during the school day.
  - Instead, they will be handed to the parent or carer at home time, who can check the ingredients and choose whether or not to give them to their child.
- Homemade treats or unlabelled food items will not be accepted to ensure the safety of pupils with allergies or dietary requirements.

## 10. Monitoring and Review

- This policy is reviewed annually or as required by changes to legislation.
- Compliance with food standards is monitored through regular audits and feedback from pupils, staff, and parents.
- Feedback is used to make continuous improvements to our food provision.

## 11. Communication

This policy is shared with staff, parents, carers, catering providers, and governors. It is published on the school website and available in hard copy upon request.

**Signed:** \_\_\_\_\_  
(Headteacher)

**Date:** \_\_\_\_\_