

Brownsover Community School & Bridges Childcare Extended School Provision



Early Years – Key Stage 2 Food and Nutrition Policy

Policy Number	O23 - Organisational
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Acknowledgement(s)	All staff
Date Approved	November 2025
Effective Date	November 2025
Physical Location of Policy	Organisational File in HT office
Date of Next Review	November 2026

Document Information

Document history

Version no.	Date	Change
1.3	Nov 17	
1.4	Oct 2020	<i>No changes made – all current & correct</i>
2	Nov 2025	<i>Updated Early Years requirements & Change of Title</i>

Approvals

Role	Name	Signature / Approval	Date
Executive Headteacher	Jenny Tegerdine		Nov 2025
Governors - Full Governing Body			
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Contents

1. Introduction	4
2. Objectives	4
3. Strategies	4
4. Safer Mealtime Protocols	5
5. Food Preparation & Hygiene	6
6. Staff Training	6
7. Guidance Allergies	6
8. Food from Home	7
9. Special Diets/Medical Needs	7
10. Outcomes	7
11. Linked Policies	8

1. Introduction

We are committed to promoting and supporting the health and well-being of all children through a whole-school approach to food and nutrition. We aim to ensure that all food and drink provided is healthy, balanced, nutritious, and in line with the Early Years Foundation Stage (EYFS) Nutrition Guidance (May 2025). This policy applies to all children in Before and After School club who are 5 years and under, Nursery and Reception, as well as our older children and staff involved in food preparation, planning, or support, and external food providers.

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in PSHE about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is balanced and nutritious. We will work with parents and other agencies to extend healthy eating patterns into the wider lives of our learners.

2. Objectives

- To provide children with healthy, balanced meals, snacks, and drinks in line with national guidelines.
- To ensure all children receive a nutritious and age-appropriate diet that supports growth, learning and development.
- To develop positive lifelong attitudes towards healthy eating/drinking.
- To accommodate cultural, medical, and dietary needs.
- To work collaboratively with parents and carers to promote consistent messages about food.
- To alert learners to the dangers of an unhealthy diet.
- To provide all learners with healthy food and drinks in school.
- To ensure compliance with the *School Food Standards (DfE)* and the *Early Years Foundation Stage (EYFS) statutory framework*.

3. Strategies

- To use the curriculum in PE, science, PSHE to educate learners about healthy eating and drinking.
- To give learners a good understanding of a healthy diet that will promote their growth and well-being.
- To provide healthy eating and drinking options when snacks are provided.
- To provide healthy and balanced school meals that, where possible, contain

sustainable and locally sourced produce in line with our policy for sustainable schools.

- To make strong links in PE and play, between healthy eating and regular exercise.
- To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
- To make good use of the external agencies for healthy eating to support our work.
- Brownsover Community School will work with the pupils to provide attractive and appropriate dining room arrangements.
- Brownsover Community School will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Parents will need to provide children with a suitable container which stores their lunch.
- Children must only eat their own food and no other children's.
- Brownsover Community School will praise children for trying new foods but offering rewards to children for finishing everything on their plate will be discouraged (e.g. stickers).
- Menu planning will be shared with parents so they are aware of what is on offer, which food groups are included daily and what allergens they need to be aware of.
- Children will only be encouraged to drink water or milk.
- Food preparation and expiration will be included in the EYFS curriculum to give children the opportunity to try different foods, prepare snacks and be introduced to a variety of snacks.
- Food provided will be in line with the Eatwell Guide and portion sizes will take into consideration the age and wellbeing of the child.
- Food will be prepared in line with the Early Years Food Choking Hazards from the Food Standards Agency.
- To ensure compliance with the *School Food Standards (DfE)* and the *Early Years Foundation Stage (EYFS) statutory framework*.
- Meals and snacks provided by our school meet the **School Food Standards**.

4. Safer Mealtime Protocols

At Brownsover Community School, we ensure that a member of staff with a valid paediatric first aid certificate is always present in the room while our Early Years children are eating. The children are always kept within sight and hearing of staff, as we understand that choking can be silent and requires constant vigilance.

Staff monitor children during meals to monitor their eating habits, prevent food

sharing, and quickly identify any signs of choking or unexpected allergic reactions.

At Brownsover Community School, we aim to provide a calm, designated eating space with minimal distractions to support a safe and positive mealtime experience.

5. Food Preparation and Hygiene

At Brownsover Community School, we ensure that our food preparation areas are fully equipped to provide healthy meals, snacks, and drinks that meet the needs of all children in our care.

We maintain suitable, hygienic facilities for food preparation. All staff involved in preparing or handling food receive up-to-date training in food hygiene and are assessed as competent before taking on these responsibilities. Our team regularly refreshes their training and knowledge to ensure we continue to meet the highest standards of safety and care.

6. Staff Training

At Brownsover Community School, we ensure all staff are fully equipped with the knowledge and skills needed to keep children safe and healthy. This includes relevant staff completing a Paediatric First Aid training course, Food Hygiene (Level 2 or above), and Allergy Awareness.

New team members receive thorough induction training, which includes our safer mealtime protocols, so they feel confident in supporting children's dietary needs from day one. Ongoing training and refreshers are provided to keep everyone up to date with best practice and current guidance.

7. Guidance Allergies

- Brownsover Community School will request food allergy information from parents before they are admitted into our setting. Where parents have alerted us of allergies, any medical professionals involved will be contacted.
- All staff are trained to recognise allergic reactions and respond using individual care plans and emergency procedures.
- Allergen information is documented, regularly reviewed, and shared with all relevant staff.
- Brownsover Community School follows clear procedures for managing food allergies and intolerances, including individual health care plans.
- Procedures are in place to prevent cross-contamination in food preparation and serving.

8. Food from Home

- Parents/carers providing packed lunches must follow healthy eating guidance shared by the school.
- Foods that are high in sugar, salt, and saturated fats are discouraged.
- Information on suggestions for packed lunch items will be shared on the school website and included in welcome packs.
- Allergen information must be clearly communicated and food labelled where appropriate.
- Many families like to celebrate their child's birthday and other special events by bringing in a cake or sweets to the setting to share. This can mean that some children are eating these foods several times a week. Therefore, we encourage parents not to bring in food items and birthdays can be celebrated in class, with options to celebrate with such as bubbles or stickers).

9. Special Diets/Medical Needs

Brownsover Community School also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Some adaptations may be made in school to ensure all children are able to access the school's nutritional offer.

If a child requires a special diet for a medical reason, schools will have written confirmation from their health professional about the nature of their specific needs so that their nutritional requirements can be achieved. This information should be recorded, updated regularly and communicated to all staff involved in the preparing and handling of food.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

10. Outcomes

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.

11. **Linked Policies**

- Safeguarding and Child Protection Policy
- Health and Safety Policy
- Supporting Children with Medical Conditions Policy
- Curriculum Policy