

Food and Nutrition Policy



Aim high and shine

John T. Rice Infant & Nursery School

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Approved by: Kerry Scotney (EYFS leader)

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1. Policy Statement

At John T. Rice Infant School, we are committed to promoting healthy eating and fostering positive attitudes towards food. We recognise that good nutrition is essential for children's physical growth, cognitive development, emotional wellbeing and ability to learn effectively.

We aim to provide a safe, inclusive and nurturing environment where children develop healthy eating habits that support lifelong wellbeing.

This policy has been developed in accordance with the requirements of the Early Years Foundation Stage (EYFS) and current Department for Education nutrition guidance. Where children are provided with meals, snacks and drinks, these will be healthy, balanced and nutritious. [\[gov.uk\]](#), [\[assets.pub...ice.gov.uk\]](#)

2. Aims

We will:

- Promote healthy lifestyles and positive food choices.
 - Ensure all food and drink provided supports children's health and development.
 - Encourage children to try a variety of foods and develop healthy eating habits.
 - Provide opportunities for children to learn about healthy eating through the curriculum.
 - Respect individual dietary, cultural, religious and medical requirements.
 - Work in partnership with parents and carers to support healthy eating.
 - Ensure food is prepared, stored and served safely.
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3. Healthy Food Provision

The school will provide food and drink that reflects current nutritional guidance.

Meals and snacks will include:

- A variety of fruit and vegetables.
- Wholegrain foods where appropriate.
- Sources of protein such as meat, fish, eggs, beans, lentils and pulses.
- Dairy foods or suitable alternatives.
- Suitable portion sizes for young children.

Food high in salt, added sugar, saturated fat and highly processed ingredients will be limited.

The school will seek to provide balanced menus over the course of each week rather than focusing solely on individual meals.

4. Drinks

The school will ensure:

- Fresh drinking water is available and accessible to children at all times.
- Milk is available where appropriate.
- Sugary drinks, energy drinks, squash and fizzy drinks are not provided.

Children will be encouraged to drink water regularly throughout the day.

5. Snacks

Where snacks are provided, they will contribute positively to children's nutritional intake.

Examples may include:

- Fresh fruit
- Vegetables
- Breadsticks
- Wholegrain crackers
- Cheese
- Yoghurt

Confectionery, sweets and high-sugar snacks will not be routinely provided. These will be a treat and not the norm.

6. Food Education

Healthy eating will be promoted through teaching and learning opportunities, including:

- Understanding healthy food choices.
- Exploring different foods, cultures and traditions.
- Food preparation activities where appropriate.
- Gardening and growing activities.
- Discussions about oral health and healthy lifestyles.

Children will be encouraged to develop independence during mealtimes and learn appropriate table manners.

7. Mealtime Environment

The school will:

- Create a calm, positive and social eating environment.
 - Ensure staff model healthy eating behaviours and positive attitudes towards food.
 - Encourage, but never force, children to eat.
 - Respect children's appetites and developmental stages.
 - Promote enjoyable mealtime experiences.
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8. Special Dietary Requirements

The school recognises its responsibility to meet individual dietary needs.

This includes:

- Food allergies.
- Intolerances.
- Medical conditions.
- Cultural requirements.
- Religious dietary practices.
- Special diets identified by healthcare professionals.

Appropriate records will be maintained and shared with relevant staff.

Suitable alternatives will be provided wherever reasonably possible and safe to do so.

9. Food Allergies and Medical Needs

The school takes food allergies seriously and will:

- Obtain up-to-date information from parents and carers.
- Maintain allergy registers where required.
- Ensure staff are aware of children's allergies and medical dietary needs.
- Follow individual healthcare plans.

- Minimise risks associated with allergen exposure.
 - Ensure appropriate training is provided to staff.
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10. Food Brought from Home

Parents and carers are encouraged to provide healthy packed lunches and snacks.

The school requests that packed lunches:

- Include a balanced variety of foods.
- Avoid sweets and confectionery.
- Avoid high-sugar drinks.
- Consider the school's allergy management procedures.

The school reserves the right to implement specific restrictions where required to protect children with severe allergies.

11. Celebrations and Special Events

The school recognises that food may form part of celebrations and special occasions.

These events will:

- Support inclusion and participation for all children.
- Promote healthy choices wherever possible.
- Take account of allergies, medical needs and dietary requirements.

Food should not routinely be used as a reward.

12. Oral Health

The school supports children's oral health by:

- Promoting water and milk as preferred drinks.
- Limiting foods and drinks high in sugar.
- Encouraging good oral hygiene practices.
- Supporting health promotion initiatives where appropriate.

13. Partnership with Parents and Carers

We value the role of parents and carers in supporting healthy lifestyles.

The school will:

- Share information about healthy eating.
- Communicate dietary requirements and allergy procedures.
- Seek feedback on menus and food provision where appropriate.
- Work collaboratively to support children's individual needs.

14. Roles and Responsibilities

Headteacher

The Headteacher will:

- Ensure implementation of this policy.
- Monitor compliance with nutritional and safeguarding requirements.
- Ensure suitable staff training is available.

Staff

Staff will:

- Promote healthy eating.
- Follow allergy and food safety procedures.
- Support positive mealtime experiences.
- Communicate concerns regarding children's eating habits appropriately.

Parents and Carers

Parents and carers are expected to:

- Provide accurate dietary and medical information.
 - Support healthy eating choices.
 - Follow school guidance regarding packed lunches and snacks.
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15. Monitoring and Review

This policy will be reviewed annually or sooner if legislation, guidance or local practice changes.

Monitoring will include:

- Menu reviews.
 - Feedback from children, staff and parents.
 - Consideration of nutritional guidance and best practice.
 - Review of allergy and dietary procedures.
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