

Settrington All Saints' CE Primary School

Healthy Eating and Food Hygiene Policy- April 2026

To be Reviewed March 2027



Any meals, snacks and drinks provided to children at Settrington All Saints' CE Primary School will be healthy and nutritious, contributing to a balanced diet. This is a requirement of childcare settings as stated in the Early Years Foundation Stage (EYFS) Statutory Framework. We will also follow safety guidelines in the Help for Early Years Providers guidance. We also have regard to the national EYFS nutrition guidance, ensuring Settrington All Saints' CE Primary School meets the latest statutory standards for food groups, portion sizes and the reduction of processed sugars.

Ideas for healthy meals and snacks may be taken from places like the NHS Eat Well and Healthier Families schemes and the Government's Example Menus for Early Years Settings in England. Fresh drinking water will be available at all times for all children; they may also be offered plain milk.

Why is a healthy diet important?

'Children's food preferences and eating habits are formed early in life with consequences for a range of health and development outcomes in later life.

It is therefore important that the food offered in early years settings provides appropriate amounts of energy and nutrients and encourages the development of healthy eating habits in young children, both to support appropriate growth and development, and as part of national priorities to reduce childhood obesity and ensure every child has the best start in life.'

(Page 4, Example Menus for Early Years Settings in England)

Will my child's food preferences and specific dietary requirements be catered for?

We will obtain, record and act upon information from parents/caregivers about their child's dietary requirements, food allergies/intolerances and particular preferences.

We will do our best to provide food for vegetarians, vegans, pescetarians, Halal, etc. Please be aware that the cost of meals is representative of the food purchased and prices may vary for different dietary needs.

If we cannot cater for a particular child's requirements, parents/caregivers may be asked to supply their own food. If a child struggles to eat a balanced diet, we will work with parents/ caregivers to support them in gradually adapting this to incorporate healthier foods and drinks. If a child's diet can cause health issues, we recommend that the family seek advice from a medical professional, such as a paediatrician or nutritionist.

Can my child bring a packed lunch?

Parents/caregivers can provide meals for their children to school.

In the interest of safety and children's health, there are a few items that should not be included in lunchboxes:

- glass bottles and jars
- fizzy drinks and pre-mixed drinks with high sugar content
- foods with a very high salt content
- chocolate, sweets and foods with a high sugar content
- pre-cooked foods that when not cooled and/or stored correctly may pose a potential food poisoning risk (e.g. rice, cooked meat)
- foods that may present a choking risk (such as whole nuts, uncut grapes, popcorn, etc)* **(slice small round foods such as grapes, strawberries or cherry tomatoes, lengthways in quarters)**
- foods that may trigger a known allergy (such as nuts), if informed about such as issue

**Further information about choking hazards and food preparation can be found on this Food Standards Agency web page. [Food safety advice on choking hazards in settings - Foundation Years](#)*

[Preparing Food Safely for Young Children](#)

Any foods or drinks left will be sent home with the child. If a child does not have enough food left in their lunchbox to constitute a full meal, we will provide a suitable substitute and parents/caregivers may be charged for this.

If a child regularly brings meals from home that are high in fat/sugar/salt and do not have enough nutritional value, this will be discussed with parents/caregivers. If they are struggling to provide a balanced diet due to selective eating or for medical reasons, then we will recommend they access support via their health visitor or GP.

Can food be provided by Settrington All Saints' CE Primary School?

Meals and snacks can be provided within the setting with prior agreement for children of Reception age and above. All food will be prepared in a suitably hygienic area and any staff handling food will be familiar with the food hygiene and storage practices set out by the Food Standards Agency for Safer Food, Better Business.

As required by the EYFS Statutory Framework, sample menus will be shared with parents/caregivers and specific details about daily meals will be provided upon request. We will keep a detailed record of all allergens in the foods we offer and this information will be available to parents/caregivers if required.

What if my child is ill while they are at school?

During mealtimes, if a child says they do not want to eat something, we will suggest they try a bit of everything they have been given but there will be no pressure if they choose not to. We will praise them for tasting something new and never pressure them if they say they don't want to eat something.

Children will usually have multiple food options available during mealtimes so there will likely be something they wish to eat.

If a child decides not to eat anything provided, parents/caregivers will be informed of this. If a child refuses all foods and/or is overly upset about the meals provided, parents/caregivers may wish to provide a packed lunch instead for future weeks.

What precautions are in place to prevent children from choking at Settrington?

We follow the guidance set out by the government in Help for Early Years Providers to minimise the risk of a child choking.

This includes preparing foods to be an appropriate size and shape. Children will be within sight and hearing during snack and mealtimes, with an adult (who is Paediatric First Aid trained) facing them. All children will sit on age-appropriate chairs.

If a child were to start choking, we are trained to perform the necessary emergency first aid. We would also contact the ambulance service if necessary, ensuring that they seek follow-up medical advice.

Will food be prepared hygienically?

As a provider of meals and snacks, we are aware of our responsibilities under food hygiene legislation. This includes, if necessary, registration with the relevant Local Authority Environmental Health Department.

If this is the case, we are happy to have our premises inspected by a food safety officer. By following Safer Food, Better Business guidelines, we will ensure that we meet hygiene standards about food storage and preparation.

All work surfaces/cooking utensils that come into contact with food will be thoroughly cleaned and disinfected before food preparation occurs.

Potentially dangerous substances, such as bleach and laundry detergents, will not come into contact with food preparation areas.

Food preparation areas will be located in a suitable place, away from baby changing facilities.

What systems are in place for supporting children with food allergies and intolerances at Settrington?

Information about known allergies and food intolerances is collected from parents/caregivers before a child starts in the setting. We also contact parents/caregivers regularly to review and update our records. If a child develops a new allergy or intolerance, parents/caregivers should immediately discuss this with us. Reasonable adjustments will be made to accommodate children with allergies and/or intolerances, wherever possible. For more information about allergens, please see our Allergen Policy.

What if a child becomes ill after eating at Settrington?

If there is an outbreak of food poisoning affecting two or more children looked after on our premises, we will notify Ofsted as soon as possible, within 14 days of the incident, to comply with regulations.