Lark Hill Primary School
Food and Nutrition Policy

Date	Autumn 2025
Review Date	Autumn 2027
Designated Governor	
Signature	

1. Purpose

At Lark Hill Primary School, we are committed to supporting children's health and wellbeing by promoting a positive, safe, and consistent approach to food and nutrition. This policy sets out our approach to:

- Meals and snacks
- Packed lunches
- Birthdays and celebrations
- Food safety, allergies, and cultural/religious needs

2. Principles

All children are entitled to a healthy, balanced diet that supports growth, development, and learning. Mealtimes are social, relaxed, and inclusive. Food is never used as a reward or punishment. Staff act as positive role models by modelling healthy choices.



3. Meals & Snacks

We provide healthy snacks (fruit, vegetables, milk, or water). Drinks are limited to plain water or milk — no squash, juice, or fizzy drinks. We encourage children to try new foods, but never pressure them to eat.

Snack Time in Your Early Years Setting - Early Start Nutrition early-years-snacks.pdf

4. Packed Lunches

Parents are encouraged to provide a balanced lunchbox including:

- Fruit/vegetables
- Starchy food (bread, rice, pasta, potatoes)
- Protein (meat, fish, eggs, beans, pulses)
- Dairy or alternatives (yoghurt, cheese slices, milk, fortified alternatives)



Foods we ask families to avoid:

- Sweets, chocolate bars, sugary yoghurts, biscuits
- Fizzy or sweetened drinks
- Choking hazards (whole grapes, cherry tomatoes, cheese cubes, popcorn, whole nuts)
- We are a **NUT FREE** school so please do not send any food containing any for of nuts.
- If a child's lunch regularly contains unsuitable items, staff will discuss this privately with parents, never in front of children.

https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

5. Birthdays & Celebrations

We celebrate birthdays in fun, inclusive ways (cards, singing, games). To support healthy eating, we ask families not to send in cakes, sweets, or party bags. Families are welcome to contribute non-food items (stickers, a book for the class, bubbles). Cultural and religious food traditions will be respected and included where safe and appropriate.



6. Allergies & Special Diets

Parents must inform us of all allergies, intolerances, and dietary needs. All allergy information is shared with staff and displayed in food preparation areas. Staff are trained in allergy awareness and emergency procedures (e.g. use of EpiPens).

7. Safeguarding & Equality

All children have the right to safe, appropriate food that respects their health, culture, and family preferences. We do not allow food-based teasing or comparisons between lunchboxes. Staff never comment negatively on a child's food in front of them.

8. Monitoring & Review

This policy will be reviewed annually with input from staff and parents. We will update it in line with EYFS guidance and public health recommendations.