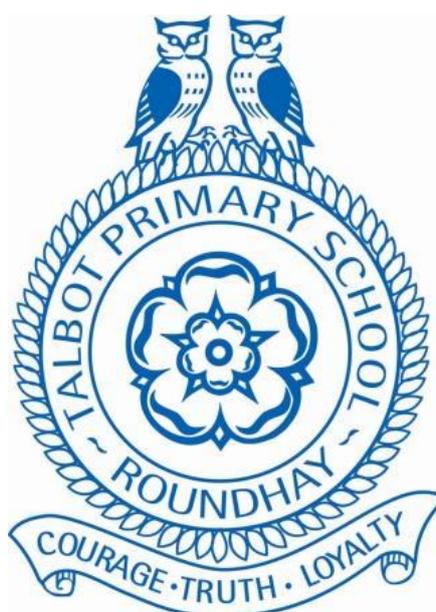


# Talbot Primary School



## Food and Nutrition Policy

**Reviewed: October 2025**

**Next review: October 2027**

*Office use:*

Statutory	✓
Web	✓
Staff Notices	✓

### **Introduction and rationale**

At Talbot Primary school we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has achieved National Healthy Schools Status.

**The aims of our food policy are to:**

- **enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes**
- **provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too**
- **ensure that all aspects of food and drink in school promote the health and wellbeing of pupils staff and visitors to our school, including cultural and dietary preferences**
- **ensure clear guidance for food safety and hygiene are in place**

### **Food in school**

Through of our science and PSHE curriculum, we ensure that children are encouraged to eat a balanced diet that includes a healthy eating focus and a balanced diet from the four main food groups. The school follows guidance as set out by the school food standards for food throughout the school day. These can be found by [clicking here](#) and also stipulated in the [Eatwell Guide \(appendix A\)](#).

A healthy balanced diet is based on the four main food groups:

- fruit and vegetables
- starchy carbohydrates
- dairy and plain fortified plant-base alternatives
- proteins

To help provide children with healthy, balanced and nutritious food from the start, the school follows the guidance set out in the [Early Years Nutrition Guidance](#) document (May 2025) and in particular food and drink guideline as set out in **appendix B**.

In accordance with our Nut Allergy Awareness policy, whilst we are not a nut-free school we aim to be as nut-free as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this risk as much as we can. Any food provided through our hot meal provision undergoes regular scrutiny to ensure that intolerant and allergen foods are identified. Leeds Catering work in conjunction with the school to ensure these processes remain robust. Where food items are brought from home parents and carers are requested not to send food to school that contains nuts. This includes all types of nuts, peanut butter, nutella, cereal/chocolate bars containing nuts and any other food containing nuts.

### **Drinks and water**

All pupils have access to fresh water in the classroom and are encouraged to drink water throughout the day, including break times and lunchtimes. Children are expected to bring in water bottles from home, on a daily basis. Cups are available, if needed, for children without water bottles. Children are not permitted to bring in sugary drinks from home. Children may only drink water or milk purchased through the School Milk scheme unless there is a specific medical need which is agreed through an Individual Health Care Plan (IHCP) agreed between parents and the school.

### **School meals**

Our school meals are provided by the Leeds Catering Company, who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards, including portion size and allergen awareness. We support the catering company by carrying out our own regular monitoring.

The menus are regularly reviewed and refined to ensure variety is maintained and that we are encouraging children to eat a variety of food and drinks from the four main food groups. Our menus also include a range of meals from different cultures and countries. Copies of the menus are sent out electronically to parents and carers and are available on the school website. Members of the school council work with the catering team to review and discuss lunchtimes.

We provide universal free school meals for children in reception and Key Stage One. All children at Talbot Primary having school dinners, choose their meals at the start of the day, from the menu provided. Menus are on a three weekly cycle and include the following options: dish of the day, vegetarian, Halal, sandwich and jacket potato. Fresh bread, vegetables, salad and a dessert are also freely available. We promote our school meals through the school website and we offer taster sessions for new parents and children, before they start in reception. We also strongly encourage families to claim their free school meal (FSM) entitlement. We make sure that FSM pupils cannot be identified at any point of the school day.

### **Packed lunches**

Through our science and PSHE curriculum, we ensure that children are encouraged to eat a balanced diet that includes a healthy eating focus and a balanced choice from the four main food groups. Unhealthy snacks such as crisps, chocolate and sweets are strongly discouraged. This is consistent with the standards for school meals. Sugary drinks are not permitted, and if deemed appropriate by the Head teacher, inappropriate choices may be discussed with parents.

In Nursery and Reception children are supervised in accordance with the regulations set out in the [Early Years Statutory Framework](#) (July 2025) and [Early Years Foundation Stage nutrition guidance](#) (May 2025). This secures appropriate supervision and ensures that any items in school are prepared to avoid choking. This awareness is outlined in greater detail in **appendix C**. This guidance in addition to a copy of this policy will be shared with all parents and carers when they start school.

Key Stage 1 (KS1) pupils who bring in a packed lunch, are able to eat in the main dining room alongside school dinners. All wastage is sent home to help parents monitor their child's eating. Parents will be encouraged to provide a balanced packed lunch, through information on the school website and around school. Key stage 2 (KS2) pupils, usually eat their packed lunches in the KS2 hall. The school provides all packed lunch pupils with access to drinking water. All wastage is sent home to help parents monitor their child's eating.

### **Special Diets - Medical**

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual Health Care Plans (IHCPs) are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen, classrooms and staffroom with their exact dietary requirements.

### **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

### **Fruit and playtime based snacks**

When considering fruit and playtime snack distribution in Nursery and Reception actions are informed by the Early Years Statutory Framework (July 2025) and Early Years Foundation Stage nutrition guidance (May 2025). This stipulates direct supervision of snack times by staff in accordance with statutory ratios and in the presence of a qualified Paediatric First Aider (PFA).

At break time all Key Stage 1 children are provided with free fruit or vegetables, as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to other children in the afternoon. Key stage 1 children are also provided with milk, which is either subsidised or free. Children are not encouraged to bring in snacks from home, unless they have a specific dietary or medical need. These arrangements are to be agreed with the Inclusion Manager prior to commencement. Children in Key stage 2 are permitted to bring in a fruit item from home for playtime. These items must be eaten inside the classroom before going outside and be in accordance with our allergen policies and be of a suitable size to avoid choking.

Further details of school based risk assessments, incorporating practice in Early Years, the Key stage 1 hall, the playground and during Before and After School provision are detailed in our school based risk assessments. These incorporate safe practices, required ratios, Paediatric First Aider allocation and guidance on choking.

### **Sustainable, food and drink**

As a school we take pride in food culture. The system of children choosing their own meals at the start of the day means that there is less food wastage, and children are talking about food at the start of the day. Our menus include locally sourced ingredients where possible and this is supported by our catering provider.

### **Special occasions and rewards**

We understand that all children enjoy a treat on special occasions. Despite this, given that as a healthy school we encourage a balanced diet and enjoyment of foods which are high in sugar and that food items may contain allergens of which school is unaware, we do not allow for parents and carers to send sweets and cakes in for special occasions. If any special treats are sourced for occasions in school, e.g. end of term celebrations these items are sourced directly by the school with an additional review of any potentially allergic items.

### **School trips, clubs and events**

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At school discos, celebrations, and school fairs, we aim to provide and promote healthy alternatives, and limit unhealthy options, wherever possible. We encourage our out of school providers, to provide a balance between healthy food choices and a broader healthy lifestyle.

### **Raising awareness of food through the curriculum**

This should be read in conjunction with the PSHCE policy and the Design and Technology policy.

### **Where and how healthy eating is taught**

In the Early Years, Key Stage 1 and Key Stage 2, there are a number of opportunities for pupils to develop knowledge and understanding of food and health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. This is planned as part of year group topics and through:

- The Early Years 'Curriculum in Action' and National Curriculum long term plan
- the National Curriculum Design and Technology long term plan

- the PSHCE curriculum
- the PE 'Get set for PE' scheme of work
- a whole school approach such as in assemblies, entering national health events, health and well-being weeks in school, etc.

We build on knowledge and practical skills through the key messages of the 'eat well' plate to support healthy choices for life beyond school.

#### **Leading by example and staff training**

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children, we model healthy eating in front of the children and staff will often eat their dinner with children to model good eating behaviour. It is essential that staff are committed to setting an example with food in school.

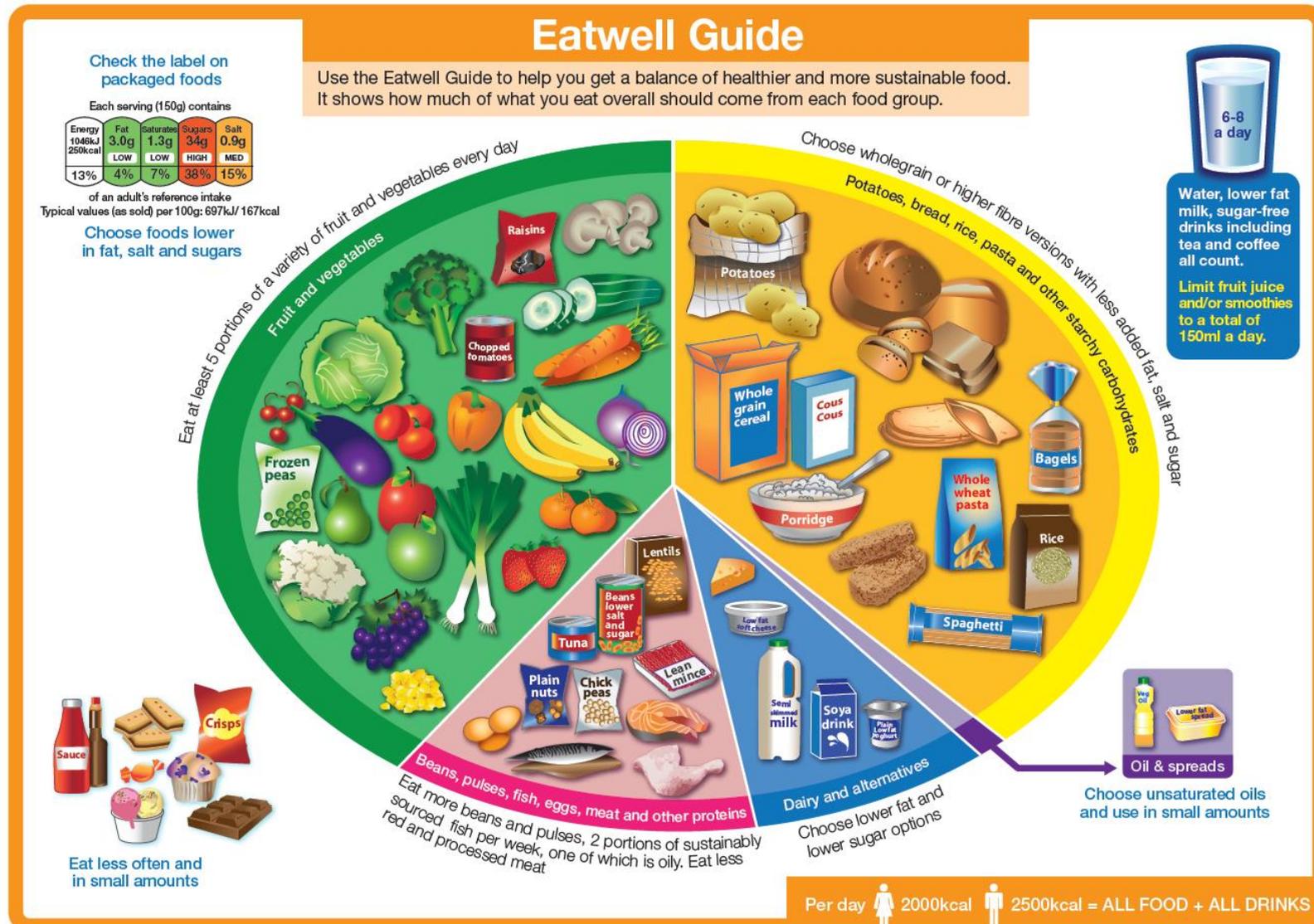
#### **Partnership with parents and carers**

The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers are regularly updated on our water and packed lunch policies through school. We encourage parents to choose healthy options for pack lunches.

**Date of policy: October 2025**

**Review date: October 2027**

## Appendix A: Eatwell Guide



## Appendix B: Food and drink guidelines

Food	Guideline
<p>Fruit and vegetables These include:</p> <ul style="list-style-type: none"> <li>• fresh, frozen, tinned or dried fruit and vegetables</li> <li>• pulses such as lentils and beans.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit).</li> <li>• Provide a variety of vegetables or fruit across the day and each week.</li> <li>• Limit baked beans to once a week if this is being counted as a vegetable.</li> <li>• Avoid dried fruit as a snack. It should only be provided as part of a meal.</li> <li>• Avoid fruit tinned in syrup and choose fruit tinned in juice.</li> <li>• Avoid added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water</li> </ul>
<p>Starchy Carbohydrates These include:</p> <ul style="list-style-type: none"> <li>• Bread</li> <li>• potatoes, sweet potatoes, and other starchy root vegetables</li> <li>• pasta and noodles</li> <li>• rice and other grains</li> <li>• breakfast cereals.</li> </ul>	<p>Provide a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day.</p> <ul style="list-style-type: none"> <li>• Provide plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day.</li> <li>• Provide at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week.</li> <li>• Provide wholegrain starchy foods for at least 1 breakfast, lunch and tea each week.</li> <li>• Limit sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green).</li> <li>• Limit the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt.</li> <li>• Limit starchy foods which have been fried to a maximum of once a week (e.g. chips, fried rice and fried noodles).</li> <li>• Limit tinned pasta in sauce (e.g. spaghetti hoops) and choose no added sugar options.</li> <li>• Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals.</li> <li>• Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.</li> </ul>
<p>Dairy and plain, fortified plant-based alternatives These include:</p> <ul style="list-style-type: none"> <li>• milk</li> <li>• cheese</li> <li>• yoghurt and fromage frais.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide 3 portions of milk and unsweetened dairy foods each day (which includes those provided at home).</li> <li>• Provide non-dairy alternatives that are unsweetened and calcium fortified (e.g. oat milk or soya milk).</li> <li>• Provide full fat dairy foods (such as cheese and unsweetened yoghurt and fromage frais) for children under the age of 2 and gradually introduce lower-fat dairy options after this age.</li> <li>• Avoid sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options</li> </ul>
<p>Proteins These include:</p> <ul style="list-style-type: none"> <li>• beans, pulses and nuts</li> <li>• meat and poultry</li> <li>• fish and shellfish</li> <li>• eggs</li> <li>• meat alternatives</li> </ul>	<ul style="list-style-type: none"> <li>• Provide a portion of protein as part of lunch and tea each day.</li> <li>• Provide a variety of protein sources as part of lunch and tea across the week.</li> <li>• Provide at least 1 lunch and 1 tea for children each week which uses beans, lentils, pulses or a meat alternative as the protein source.</li> <li>• Provide vegetarian and vegan children with a variety of protein sources such as beans, pulses, and meat alternatives each week as part of lunch and tea.</li> <li>• Provide oily fish (such as salmon, sardines or mackerel) at least once every 3 weeks; this can be provided as part of lunch or tea. When oily fish is not</li> </ul>

	<p>provided as a main meal in the week, you could try to provide oily fish as a snack.</p> <ul style="list-style-type: none"> <li>• Limit oily fish to a maximum of twice per week.</li> <li>• Limit the provision of processed meat products (e.g. sausages, breaded chicken, meatballs), processed fish products (e.g. fish fingers, fish cakes), and products made from meat alternatives (e.g. vegetarian sausages), to once a week for each of the 3 types as these products can be high in saturated fat and salt</li> </ul>
For all foods	<ul style="list-style-type: none"> <li>• Avoid foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionary.</li> <li>• Avoid artificial sweeteners as they may encourage children to prefer very sweet foods</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• Provide children with access to water throughout the day.</li> <li>• Provide only fresh tap water and plain milk to drink.</li> <li>• Provide whole milk, semi-skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives for children from 1 year of age.</li> <li>• Avoid skimmed and 1% cow's milk.</li> <li>• Avoid sugary drinks (including fruit juices, squash and smoothies)</li> </ul>

## Appendix C: Early Years food choking hazards



# Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>