



Pinewood Infant School and Foundation Unit

Food Policy

Spring 2025

Introduction

This policy covers all food provided and consumed in school including before, during and after school including school trips and during extra-curricular events.

Why a policy is needed?

At Pinewood Infant School and Foundation Unit we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food, helping them to make healthy food choices.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops, our PSHE and Science curriculum
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

The lead governor on health and well-being ensures this policy is implemented. Catering buy back services and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

The menu for the term is available on the school website and hardcopies can be requested from the school office. Each day staff discuss what is for dinner with the children as part of their morning routine. Healthy food, choices and practical food education are part of PHSE and healthy eating focus, and nutrition is part of the science curriculum.

Equality

We take account of the needs of all our children, including those with disabilities and allergies. This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS. Teaching about healthy eating and cooking in the curriculum. Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHE and PE.

School Lunches

All our school meals are provided by NCC catering, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school website, promoted via Class Dojo and discussed with children. If there are any major changes to the menu, parents/carers are informed via Class Dojo.

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents/carers about this. We also have theme days to encourage the children to stay for a school meal and to introduce food they may not usually eat such as Chinese food for Chinese New Year, pancakes on Shrove Tuesday etc.

Packed Lunches

As part of promoting healthy eating the children are encouraged to eat a piece of fruit or vegetable as a healthy snack each day. Children are given responsibility for passing the fruit to others and for helping to clear it away. Only healthy snacks are allowed at break time and fizzy drinks, sweets, crisps and chocolate biscuits are discouraged in school or on school trips.

School also promotes, via the school website, information provided by the NHS linked to healthier lunchbox recipes, including positive lunchbox tips and offering healthier food swap ideas.

Breakfast Club

The breakfast club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast is a complimentary range of cereals, breads and spreads. Sugar and salt content is always considered when reordering stocks. Breakfast club staff will also try to ensure that the recommended serving measure is adhered to. As always, all dietary requirements can be accommodated.

Morning & Afternoon Snacks

Throughout the day children will be offered a free item of fruit or vegetables as a healthy snack for them to enjoy within school. All fruit and vegetables are provided by the SFVS (School Fruit and Vegetable Scheme). Children in Nursery & Foundation will also be offered a low sugar biscuit too. As always, all dietary requirements can be catered accommodated.

Milk in School

As part of our commitment to guidance issued by the Food Standards Agency and the School Food Trust we are proud to supply semi-skimmed milk via Cool Milk.

School milk is free for children under the age of five and to children receiving or who are entitled to free school meals. School milk is also subsidised for all other children in primary education.

Providing children semi-skimmed milk is a small switch that can have an extremely positive impact on their health:

- It provides children with the same nutrients as whole milk
- It is a good source of energy
- It has 55% less saturated fat than whole milk
- It even contains slightly more calcium than whole milk
- The Dairy Council recommend that children who are eating and growing well drink semi-skimmed milk from the age of 2 years onwards.
- 189ml of semi-skimmed milk is excellent as a mid-morning drink as it provides a nutritional boost and keeps children hydrated between breakfast and lunch; helping them to concentrate, learn and play.

Allergies / Dietary Requirements

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents/carers are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school.

Parents/carers must notify school of any allergies and all staff will be made aware of the specific allergy that each child has. The dinner staff will be given individual child photographs with their allergy underneath so that all members are aware of each child's needs. On entry to school, parents/carers inform school of their child's allergy and also sign to agree if their child can try different foods during cooking or celebration times within the curriculum timetable.

Children with allergies / dietary requirements are required complete an EC46 Report (Appendix 1) and meet with the school Chef to discuss each child's needs review the menu and implement safe food options following their child's needs. School cannot prepare meals for children with food allergies / dietary requirements until an official meeting is held with parents/carers and the school chef.

Children who do have a dietary requirement or allergy will have their dinner given to them first to ensure that all requirements are met safely.

Partnership with Parents and Carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during the school day.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents/carers are also informed of the school meals on offer through the weekly menu being displayed on the school website and also via Class Dojo. Parents/carers are given information about the annual national weight measurement programme that children in reception take part in.

Afterschool Wrap Around Care

The LimeTrees offer afternoon wrap around care services within our school. A healthy snack will be offered to each child during every session. For more information about this please contact The LimeTrees on 0115 9313562 or <https://thelimetrees.co.uk/contactus.php> .

Water for All

Children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

Monitoring Food Provision

Nottinghamshire County Council is responsible for ensuring the quality of the food offered for school meals, as part of their contract. We consult with pupils, parents/ carers and staff and involve them in reviewing the school meals through questionnaires and events held in school.

Written & reviewed by: Dave Armstrong-Jones

Review: Spring 2026

Appendix 1


**Nottinghamshire
County Council**
PAGE 1

This form is for parents to complete if your child has a special dietary requirement. The information provided will be used to inform the School and School Caterers when providing meals for your child. **Please return this form to the school office to start the Special Diet Registration process.**

SECTION 1. DETAILS OF THE PUPIL					
Pupil's name:					
School name:					
School address (including postcode):					
Gender:		Date of Birth:			
SECTION 2. CONTACT DETAILS					
Name of contact:					
Email address:					
Daytime telephone number:		Mobile telephone number:			
Relationship to pupil:					
Address (including postcode)					
SECTION 3. DIET DETAILS - PLEASE TICK THE BOX THAT APPLIES					
<u>Dietary Preferences</u>					
Vegetarian		Pescatarian (Eats fish)		No Pork	
Vegan		No Beef		Other	
<u>Food allergies</u>					
Celery		Lupin		Sesame	
Crustaceans		Milk		Soya	
Eggs		Molluscs		Sulphur dioxide	
Fish		Mustard		Tree Nuts	
Gluten		Peanuts		Other	
<u>Medical diet</u>		Diet Type:			
Please provide more details					
SECTION 4- CHEF'S GUIDANCE		Vegetarian- No need to register, provide parent with vegetarian menu Vegan- No need to register, provide parent with vegan menu Pork free- Register with SD, provide parent with vegetarian/substitute menu Beef free- Register with SD, provide parent with vegetarian/substitute menu Nut free- Register with SD – Nut free kitchen- Check substitutes Allergen or Intolerance- Register with SD- Complete menu Medical Diets- Register with SD- Complete menu			

	File paperwork for all diets in blue special diet file
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PAGE 2

SECTION 5. ACTIONS DISCUSSED <i>A menu <u>must</u> be provided to the pupil upon registration and each menu cycle</i> <i>If the pupil's dietary needs change, a <u>new EC46 must be completed</u>, and a new menu designed with the parent/carer).</i>	<u>CHEF TO COMPLETE</u>
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SECTION 6. PARENT/CARER SIGNATURE			
Signed:		Date:	
To be completed by school representative (to agree above actions and accept responsibility to inform school staff of the agreed diet):			
PRINT NAME:		SIGNATURE:	
DATE:		POSITION:	
DATE OF REGISTRATION:		SCHOOL CHEF SIGNATURE:	

Date of meeting:	TO BE COMPLETED AT EACH NEW MENU Comments/updates/actions: (Chef complete menu cycle update form on Cypad)	Parent/carer signature:	School chef signature:

It is the responsibility of the parent/carer to notify both the school chef and the school office in writing of any changes to dietary requirements previously agreed. Any queries please contact SpecialMedicalDietEnquiries@nottssc.gov.uk

We collect the above data in order to help us provide school catering services. We will store it securely and manage it in accordance with GDPR principles. For more information, please see <https://www.nottinghamshire.gov.uk/media/1533665/schoolcateringandfacilitiesprivacynotice.pdf>