



St Antony's Catholic Primary School

Food and Nutrition Policy

School Mission Statement

God is at the heart of our school.

With the help of our community, we will strive to learn, love and achieve.

Policy Date: September 2025

Review Date: September 2026

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1. Introduction and Legislation

2. Support healthy growth and development for children aged 3–5 (EYFS years) by providing healthy, balanced, and nutritious meals and snacks in line with the new statutory guidance.

3. Promote a whole-setting approach to nutrition—integrating food and nutrition into policy, learning, parent communication, and school culture.

4. Ensure inclusivity, catering for malnutrition, allergies, special educational needs, cultural and religious dietary requirements, consistent with EYFS emphasis.

5. Align with national standards, notably the Eatwell Guide and updated EYFS nutrition framework.

Introduction

"Every child deserves to grow up knowing where food comes from, how to cook it, and how it affects their bodies."

— *Jamie Oliver*

Guidance Framework and guidance

From **September 2025**, St Antony's will **"have regard to"** and actively **follow** the updated EYFS nutrition guidance.

Meals, snacks, and drinks provided must be **healthy, balanced, and nutritious** as stipulated by the EYFS statutory requirement.

2. "Provide, Limit, Avoid" Approach

Adopt the user-friendly **Provide, Limit, Avoid** framework from the EYFS guidance:

Provide foods vital for growth & development (e.g., fruits, vegetables, wholegrain cereals, lean proteins).

Limit items such as high-fat/sugar processed snacks and sugary drinks.

Avoid non-essential, unhealthy foods (e.g. sweets, crisps) unless needed to meet cultural or individual needs.

3. Portion Guidance & Texture Progression

Serve age-appropriate **portion sizes**, ensuring children receive the right amounts to support healthy development.

For younger children transitioning from purees, include **texture progression**—moving toward finger foods and more solid textures to support feeding and oral development

4. Engagement & Communication

Provide **examples of healthy meals and snacks**, helping staff, parents, and children visualize balanced options.

Develop clear communication material for **parents and carers** (newsletters, policy handbooks) explaining the school's food policy and how families can support it.

Encourage **education and learning** about healthy nutrition via assemblies, curriculum units, and parent workshops—supporting the whole-setting approach highlighted in national strategy.

5. Inclusivity & Special Requirements

Respect **allergy, SEND, cultural, and religious dietary needs**, offering alternatives and clear labelling.

6. Packed Lunches & Food Safety

To support children's health and safety during mealtimes:

- We encourage parents and carers to provide **nutritious, balanced packed lunches**, following the same principles as our school meals (e.g. fruit, vegetables, wholegrains, and limited processed foods or added sugars).
- In line with child safety guidance, parents must cut round foods such as grapes, cherry tomatoes, and large berries in half lengthways to reduce the risk of choking.
- Whole nuts and popcorn are not permitted in packed lunches due to choking risks and allergy concerns.
- Any food sent in should be easy for your child to manage independently (age-appropriate portion sizes and textures).
- Please label all food containers and drink bottles clearly with your child's name.

St Antony's Catholic Primary School is a_Nut and Egg free school, and any dietary requirements or allergies must be reported to the school office and the Pantry when ordering your child's school dinners.

Policy last updated: September 2025