



Rushwick C of E Primary School

Ask, Seek, Knock

Inspired by the teachings of Jesus and recognising each person as a unique child of God, we work for the common good of everyone, ensuring our door is always open for all to flourish.

We encourage all to thoughtfully ask, graciously seek and courageously knock, so that together we can make a difference to our Rushwick School family and the wider world.

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. Matthew 7:7.

Food Nutrition Policy

Last reviewed on: November 2025

Next review due by: November 2026

Food and Nutrition Policy

For Early Years (3+) and School Reception – UK

1. Policy Statement

At Rushwick Primary School we are committed to promoting the health and wellbeing of all children by providing nutritious, balanced, and safe food that supports physical growth, cognitive development, and lifelong healthy habits. We ensure all meals respect children's medical, cultural, and dietary needs.

2. Aims

We aim to:

- Provide nutritious meals and snacks that meet the *Early Years Foundation Stage (EYFS)* and *School Food Standards*.
- Cater for allergies, medical needs, and dietary preferences.
- Educate children on healthy food choices and positive eating behaviours.
- Work in partnership with families to meet children's individual needs.

3. Meal Provision

a. Hot Meals

- All hot meals are professionally planned and provided by Black Pepper, a trusted catering provider that specialises in school meals.
- Menus are seasonal, nutritionally balanced, and designed to meet the needs of children aged 3 and above.
- Black Pepper provides meals that:
 - Include at least one portion of fruit and one portion of vegetables daily.
 - Offer a balance of carbohydrates, protein, and dairy.
 - Limit salt, sugar, and processed foods.
 - Are compliant with *School Food Standards* and EYFS guidance.

To prevent choking, all children are to be carefully supervised by an adult with a paediatric first aid qualification during lunch time. During this time, the children are to remain seated whilst eating.

b. Snacks

- Healthy snacks (e.g. fruit, vegetables) are provided mid-morning and mid-afternoon.
- Fresh drinking water is available at all times.
- Milk is available as a drink for under-5s daily.

To prevent choking, all children are to be carefully supervised by an adult with a paediatrics first aid qualification during snack time. During this time, the children are to remain seated whilst eating.

4. Special Dietary Requirements

a. Allergies and Intolerances

- Parents/carers must disclose all allergies or intolerances upon registration.
- An Allergy Plan is developed in consultation with parents and relevant professionals.
- Black Pepper (catering provider) ensures allergen-safe options and clearly labels all food items.
- Staff are trained in allergen awareness, and allergy information is displayed in the lunch hall, kitchen and classroom.

b. Cultural and Religious Needs

- Menus accommodate cultural, religious, and ethical dietary needs, including:
 - Vegetarian and vegan meals.
 - Halal options (upon request).
 - No pork, beef, or other exclusions as required by families.
- During cultural or religious observances (e.g. Ramadan, Lent), adjustments are made as appropriate in consultation with parents.

5. Packed Lunches

- If children bring packed lunches (e.g. during school trips or by parental choice), families are encouraged to follow healthy lunchbox guidance.
- No sweets, chocolate bars, fizzy drinks, or nut products are permitted.

6. Meal Times

- Meal times are calm, sociable, and structured to encourage good table manners and enjoyment of food.
- Staff sit with children and model healthy eating behaviours.
- Children are supported to be independent, e.g. pouring drinks or serving themselves when appropriate.

7. Parental Involvement

- Menus (provided by Black Pepper) are shared with parents termly.
- Allergy Plans are completed with parents and shared with staff.
- We consult families to ensure meals are appropriate and inclusive.
- Feedback is welcomed and used to inform future planning.

8. Food Education

- Children take part in food-related activities, including:
 - Cooking and tasting sessions.
 - Growing fruit and vegetables.
 - Learning about food from different cultures.
- Festivals and cultural celebrations often include food-based learning.

9. Training and Monitoring

- All staff involved in food supervision complete:
 - Food hygiene and safety training.
 - Allergen awareness training.
- The catering provider (Black Pepper) is externally audited and regularly reviewed.
- Menus are reviewed termly to ensure ongoing compliance and quality.

10. Policy Review and Communication

- This policy is reviewed annually or sooner if needed.
- Updates are shared with all staff and families.
- All food-related incidents (e.g. allergic reactions, meal refusals) are documented and discussed with parents/carers.