



Newbold School Food & Nutrition Policy

Date of last review: September 2025 by Mrs J Crissey & Mrs Jennings

Ratified by Newbold School Board of Governors,

Next Review: Autumn Term, 2028

It is recognised that a healthy diet, including plenty of fruit and vegetables, is needed both for healthy growth and to prevent chronic disease, and that too many sugary foods and drinks cause tooth decay. Providing healthy, balanced and nutritious food ensures that all children:

- Get the right amount of nutrients and energy they need while they are growing rapidly, which is especially important for children who might not have access to healthy food at home. This can help prevent children from becoming overweight or obese.
- Develop positive eating habits early on. Children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

Seventh-day Adventist institutions promote a healthy, vegetarian diet. Therefore, following these principles, school events such as bake sales, fetes and other functions that involve catering will **serve only vegetarian and vegan foods**. It would therefore be helpful for everyone to take note of this policy whenever food is brought for such events as these.

School Lunches: School lunches are provided by Educatering Solutions, a Reading-based company. They are cooked off site and delivered to the school in heat-retaining boxes. All meals are vegetarian.

Allergies

Some children suffer allergies to particular foods and must follow a specific diet. Before a child is admitted to Newbold school we obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information is shared with all staff involved in the preparing and handling of food. Ongoing discussions about the child's cultural and dietary needs are crucial in creating a safe and inclusive environment for all children to eat. To ensure all children with food allergies are protected in our care, we do not allow birthday cakes, biscuits or sweets from families to be shared

during school hours. Any birthday treats must be distributed at the end of the day by the parent, as children leave the premises, so that parents can either give or withhold permission for their child to have the treat. Parents are informed of all food given to their child on school premises.

Some pupils may have severe nut allergies and consequently, we do not allow nut products to be brought to school for snacks or packed lunches; the same rule applies to peanut butter or nut products (e.g. Nutella). When a child has a nut allergy, even touching something that has been in contact with nuts could provoke a severe reaction, which could lead to hospitalisation and even death.

Our staff are trained in the use of Epipens in school. Before any activity involving food takes place, parents will be informed. Children with special dietary requirements are provided with an equivalent food (i.e. gluten-free option, egg-free option, vegan option etc).

Children with relevant details on food allergies and treatment are displayed throughout the school

Staff as Role Models

Although staff may make their own choices about their food consumption in the staff room, they are encouraged to be healthy role models when eating or drinking with the children.

Daily Routines

Children are encouraged to eat a balanced diet covering the 4 main food groups, to avoid foods and drinks high in salt, sugar and saturated fat and should eat a variety of fruit and vegetables to access different vitamins and nutrients.

Pupils from Foundation 1 and 2 are encouraged to bring one piece of fruit and water in a water bottle for their mid-morning break. This is eaten in the classroom, seated on tables with members of staff observing. Parents are provided with information on the recommended foods and drinks to avoid for lunch times and afternoon snack times, which are high in salt, sugar and saturated fat. We engage in clear communication with parents and/or carers about the setting's approach to food provision with sensitive reminders, when needed. Sharing information can help families understand the routines that are in place in the setting so they can plan routines at home. If KS1 and KS2 children want to bring in a morning snack, the same guidance is followed (fruit only, sat in the classroom with supervision). All children must remain seated when eating and must not get up from the table until all food has been swallowed.

Updated Early Years nutrition guidance states:

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

Children have access to drinking water all day. It is recommended that children in all year groups have their own reusable bottle of water with their name on it. Personal water bottles are kept in the child's classroom and are taken home at the end of each day to be washed and cleaned.

School Dinners

Our cooked school lunches are supplied by Educatering Solutions. Meals are cooked off site and delivered to the school. The children gather to eat in the School hall. All food prepared is vegetarian. Vegan and gluten-free options are available on request. Parents should make the school aware of any specific food allergies their child may have so that we can inform the catering staff, who will cater for their needs. Lunches must be ordered weekly in advance. No refunds will be offered if lunch bookings are cancelled after the weekly order has been sent to Educatering because the school will be obligated to pay in full for the cancelled meals.

Lunch Boxes

We have a regulatory obligation to provide healthy, balanced and nutritious food to children and encourage healthier food choices for packed lunches. It is important to ensure that food provided from home aligns with the healthy options that we promote at Newbold School, so that children receive consistent messages about nutrition.

We believe that a healthy lunch box should contain low sugar, low salt foods that are nutritious for young growing children. We recommend that sweets, cakes and biscuits be avoided, as they contain high levels of fat and sugar. Snacks, such as crisps, that have high salt and fat content should also be kept to a minimum. The recommended salt intake for a school child is 3-5 grams per day. An easy way to avoid a higher intake of salt is to avoid salty snacks.

Cereal and fruit bars are often promoted as healthy alternatives to chocolate bars; however, these can also be damaging to teeth, are often high in fat and calories and commonly contain nuts; we therefore suggest that these be treated as confectionery.

A lunchtime meal should provide a child with approximately a third of their daily nutritional requirements. It is therefore very important to make the contents of your child's lunch box as healthy as possible.

Parents are requested NOT to put nuts and nut products in children's lunchboxes as some children within the school have food allergies. If any children have severe allergies to a specific food, this will be communicated to the class parents so that they can ensure this ingredient will not be packed in lunch boxes or as a snack.

Please note, we will not reheat any food in a packed lunch. If your child needs a hot lunch from home, you must provide a food flask to keep it warm.

For perishable items that should be kept cool, food should be packed in insulated sealed bags. If ice packs are unavailable, the '4-hour rule' can be applied. This rule allows food to be stored outside of chilled conditions for up to 4 hours, but this should only be done once during the entire storage. Pack foods that can safely be kept at room temperature if there is no refrigerated area for storing food brought from home.

All foods brought from home will be checked for potential allergens so that the risk of cross contamination is reduced. Ensure food provided is suitable for your child's individual developmental needs and prepared in a way to prevent choking:

<https://www.food.gov.uk/document/early-years-food-choking-hazards>

School celebration occasions:

At our school, there are occasions when we come together as a community to enjoy special events and celebrations, such as whole school Forest School days, Key Stage 1 and Key Stage 2 Dojo Days, Christmas parties, end-of-year celebrations, Easter egg hunts, and similar activities.

During these events, we recognise that the usual food guidelines may be relaxed to allow for a broader range of options, including some items that may be higher in fat, saturated fat, or sugar—for example, dry biscuits, savoury snacks, or hot chocolate.

However, we remain committed to promoting a balanced approach. Healthier food options will always be available alongside treat items during these celebrations, ensuring pupils have a choice and that we continue to encourage positive eating habits even on special days.

Food safety management system for handling food in school

All staff who handle food for children (eg. at snack time, lunch time or during cookery sessions) must have first completed online training in food hygiene.

There are times when lessons include cooking and eating and also when the PTFA arranges party meals and bake sales. It is therefore incumbent on staff and helpers to take note of the following regulations.

Newbold School adheres to the 2006 UK food hygiene regulations. These include:

- Regulations EC No 852/2004 on the hygiene of foodstuffs
- Food Hygiene (England) Regulations 2006
- Food is bought from reputable stores/suppliers

- Use of a cool bag/box with ice-packs to carry high-risk foods to school in hot weather
- Ensure that raw and cooked / ready-to eat foods are carried in separate bags to prevent cross contamination
- Store eggs in the fridge
- Decant food from open cans into other containers
- Check the temperature of the fridge to ensure that it is less than 8 degrees C
- Clean fridge once a week using anti-bacterial spray
- Check the temperature of the freezer to ensure that it is -18 degrees C or below
- All work surfaces to be cleaned and disinfected regularly ie countertops, chopping boards and sink areas
- Always wash hands before handling any food and if possible use gloves to serve
- No food to be used after its “use by” date
- Use different chopping boards and knives to keep raw and cooked foods separate
- Always ensure that food is cooked thoroughly to a minimum of 75 degrees C
- Always follow the cooking instructions on the package carefully
- Never dip fingers into food to taste it; always use a clean spoon
- Do not use a tea towel to dry your hands; always use a separate towel
- Cover all burns and cuts with a waterproof dressing
- Dish cloths can harbour bacteria; it is good practice to use paper towels to clean surfaces
- No one who has had diarrhoea, vomiting, stomach cramps, fever, nausea and headaches within the last 48 hours should be in contact with food preparation
- Grapes are the perfect size to get stuck in a child's windpipe so they should be cut in quarters lengthways to avoid choking, so should berries and cherry tomatoes etc. See the link on p.2 and p.4
- We are a nut-free School.