CHALKHILL PRIMARY SCHOOL NUTRITION AND FOOD SAFETY POLICY

Ratified date: 15th July 2026

Inclusion Statement:
This policy has been developed to promote an inclusive school where every pupil is valued, supported and challenged to achieve their potential. In implementing this policy, the school will have due regard to the Equality Act 2010, the SEND Code of Practice, and its commitment to removing barriers to learning, participation and achievement for all pupil, including those with SEND, disadvantaged pupils and those with protected characteristics.

Introduction

At Chalkhill Primary School, we are committed to promoting healthy eating habits and ensuring that all children receive a nutritious and balanced meal while in our care whilst also ensuring that healthy eating is part of our curriculum. This policy has been created in accordance with the updated Early Years Foundation Stage (EYFS) nutrition guidance released in April 2025.

We ensure meal times are a calm and positive part of our day. While we never pressure children to eat, we gently encourage them to try a range of foods and celebrate healthy choices.

Lunch expectations

We provide healthy snacks during the day, such as fruit, vegetables, and water. Parents can choose between school dinners or a packed lunch from home. Meals provided by the school include:

- A portion of starchy food (e.g. bread, pasta, rice, or wraps).
- At least one portion of fruit or vegetables.
- A source of protein (e.g. meat, eggs, beans, lentils, or fish).
- A dairy item (e.g. cheese, yoghurt or a suitable alternative).

Meals provided by the school avoid:

- Confectionery such as sweets, chocolate bars or cakes.
- Sugary fizzy drinks or high-sugar squash – water is the best drink for children with food.
- Foods high in salt or saturated fat (e.g. crisps, sausage rolls) should be limited.
- Marshmallows, popcorn, boiled sweets and jelly cubes (all of which are choking hazards).

Where meals are provided from home, we expect parents to follow these guidelines. As we do not have the facilities to reheat or refrigerate meals brought from home, parents are advised to:

- Use an insulated lunch bag or box, clearly labelled with your child's name.
- Include ice packs to keep perishable items cool.
- If sending a warm meal to use a child-friendly food flask designed to retain heat

Allergies and dietary needs

To ensure the safety of all children, parents should not send any food items containing nuts, as we are a nut-free setting. Parents must inform us of any dietary needs or allergies their child has (this information is requested on a child's medical form however we must be notified of any changes to your child's dietary needs or allergies. This also includes cultural preferences.

Medication for pupils with allergies is kept in the child's classroom and staff members are trained in administering medication such as an EpiPen. All EpiPens are clearly labelled. We take them with us to the dining hall during lunch time.

Celebrations

We value cultural celebrations and parents are sometimes asked to provide food or drink for class parties. If they do choose to bring in food or drink, we ask that they double check dietary requirements. For birthdays, we understand that parents may wish to send in a sweet treat to celebrate. We encourage parents to send in healthy snacks or non-edible options such as bubbles or stickers.

Cooking and learning about food

Cooking and learning about food is a key part of our curriculum. We teach children about both healthy and fatty foods and encourage them to make good choices. When cooking with children we make sure we are cooking with a range of different foods. We grow healthy fruit and vegetables in our school grounds.

Food safety and hygiene

We ensure that when the children are eating during lunch times and snack times, they are sat down and supervised by a member of staff to minimise the risk of choking. There is always a member of staff who has completed paediatric first aid (PFA) present.

We also ensure that staff preparing food complete food hygiene and allergy training and are made aware of children's individual dietary needs which are also recorded in the dining hall.

Appendix A: EYFS Choking Hazards Guidance

Early years food choking hazards

Food Standards Agency
food.gov.uk

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-