



Otterburn Primary School and Nursery

School Food and Nutrition Policy

Approved by:	Alison Woodcock (Headteacher) Deborah Worrall (Chair of Governors)	Date: 6 th January 2026
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School Food and Nutrition Policy

Otterburn Primary School & Nursery

1. Policy Statement

Otterburn Primary School & Nursery is committed to providing healthy, balanced and nutritious food and drink for all children from Nursery to Year 6. This policy sets out a whole-school approach to food provision, packed lunches, allergies, food safety and nutrition education, ensuring that statutory requirements are met while taking an age-appropriate approach across the school.

2. Scope

This policy applies to:

- Nursery and Reception (EYFS)
- Years 1–6
- School lunches
- Packed lunches brought from home
- Snacks
- Breakfast Club and After School Club
- Food provided on educational visits, trips and special events

3. Legal and Guidance Framework

The school has regard to:

- The School Food Standards (Requirements for School Food Regulations 2014)
- Early Years Foundation Stage (EYFS) statutory framework
- EYFS Nutrition Guidance (DfE)
- Food Information Regulations including allergen requirements
- Food Standards Agency guidance on food safety and choking hazards

4. Aims and Principles

We aim to:

- Promote healthy eating habits and positive attitudes to food
- Ensure food provided is safe, nutritious and appropriate to children's age and development
- Support children's physical health, wellbeing and ability to learn
- Work in partnership with parents to provide consistent messages about healthy eating
- Ensure inclusion for children with allergies, intolerances, medical needs, cultural or religious dietary requirements

5. Food Provision

School Lunches

The school provides one menu for Nursery and Reception and a separate menu for Years 1–6. Menus are planned in line with the School Food Standards and EYFS nutrition guidance and include a balance of fruit and vegetables, starchy carbohydrates, protein sources and dairy or fortified alternatives. Fresh drinking water is available at all times.

Snacks and Drinks

Children may be provided with healthy snacks appropriate to age and stage. Water is available throughout the day and milk is provided in line with age-appropriate guidance. Sugary drinks are not permitted.

Breakfast Club and After School Club

Food and drink provided through Breakfast Club and After School Club follow the same principles and guidance set out in this policy. Provision is planned to support children's health, wellbeing and safety and reflects:

- EYFS nutrition guidance where applicable
- The School Food Standards for children in Years 1–6

Food offered is age-appropriate, balanced and nutritious, with fresh drinking water available. Allergy, intolerance and medical dietary requirements are followed in line with individual care plans.

6. Packed Lunches

The school works in partnership with families to ensure that packed lunches support children's health, wellbeing and safety in school. Our approach reflects Early Years Foundation Stage (EYFS) nutrition guidance and national advice on healthy eating and choking prevention, while recognising that packed lunch guidance is not statutory for primary-aged pupils. With children from Nursery through to Year 6, we take an age-appropriate but consistent approach, aiming to support families rather than police lunchboxes.

Packed lunches should be:

- Based on healthy, balanced choices that support children's energy levels, concentration and wellbeing
- Appropriate to the child's age and stage of development
- Prepared safely, particularly for younger children

Packed lunches are expected to include a balance of:

- A starchy food, such as bread, wraps, pasta or rice
- A protein source, for example cheese, yoghurt, eggs, beans, hummus, meat or fish
- Fruit and/or vegetables
- Water or milk to drink

To support healthy eating across the school, we ask families to avoid packed lunches that regularly contain foods high in sugar, salt or saturated fat, such as confectionery, chocolate bars, crisps or sugary desserts.

7. Food Safety and Choking Prevention

Food is prepared safely and appropriately. EYFS provision follows Food Standards Agency choking hazard guidance. Staff supervise children during meals and food sharing is discouraged.

8. Allergies, Intolerances and Medical Diets

School menus can be adapted to meet medical, cultural or religious dietary requirements where needed. Parents should inform the school of any allergies, intolerances or medical dietary needs so that appropriate arrangements can be agreed in advance and shared with relevant staff.

Individual healthcare or allergy action plans are followed where required. All staff are made aware of children with allergies and the procedures to follow, and reasonable adjustments are made to ensure children can safely access meals alongside their peers.

9. Cultural, Religious and Ethical Diets

The school respects cultural, religious and ethical dietary requirements and works with families to provide appropriate alternatives.

10. Food Education

Healthy eating is promoted through the curriculum including PSHE and Science. EYFS provision includes food exploration and cooking activities.

11. Celebrations and Special Events

Many families wish to celebrate their child's birthday or other special events by bringing food such as cakes or sweets into school to share. While this is well intentioned, it can result in some children consuming foods high in sugar on multiple occasions during the school week.

In line with EYFS Nutrition Guidance and the School Food Standards and to support healthy eating habits for all children, food brought in from home for celebrations must meet the school's food and nutrition guidelines. For this reason, birthday cakes and shared celebration foods are not permitted to be brought into school.

Birthdays and special events are still recognised and celebrated within school in inclusive and appropriate ways.

All celebration practices are managed carefully with consideration for food allergies, intolerances and individual dietary needs. Clear communication with parents and carers is central to this approach, ensuring families are informed and involved in supporting healthy eating habits within the school environment.

12. Monitoring and Review

This policy is monitored by school leaders and reviewed regularly.

13. Policy Review

This policy will be reviewed annually or sooner if guidance or legislation changes.