



ASTON AND COTE CHURCH OF ENGLAND PRIMARY SCHOOL

This policy should be taken and used as part of Aston and Cote's overall strategy, and implemented within the context of our vision and values of a Church of England School. Aston and Cote is a Church of England School which celebrates a love of God and puts the Christian ethos at the centre of all that it does.

Food and Nutrition Policy

June 2025

Signed:	Headteacher
Signed:	Chair of Governors
Date:	Date of next review: June 2030

~ Aspiring to be the people God created us to be by growing the talents He gave us ~

This policy is in line with The Key model policy

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Aims

This policy aims to:

- Set out our school's approach to food and nutrition in the Early Years

Legislation and guidance

This policy is based on the Department for Education (DfE)'s [Early Years Foundation Stage nutrition guidance](#)

Roles and responsibilities

OCC Catering

OCC Catering is responsible for

- planning lunchtime meals that include a variety of foods from the 4 main food groups every day- See OCC Catering policy

Administrator

The administrator is responsible for:

- Co-ordinating milk deliveries - Cool Milk
- Co-ordinating fruit deliveries – SFVS Chesham Minor, Weir + Williams Ltd

Teaching and support staff

All teaching and support staff are responsible for:

- Ensuring children are encouraged to eat a piece of fruit as part of their daily snack
- Ensuring children have access to fresh tap water throughout the day.
- Being aware of children with allergies and ensuring they are not exposed to foods that pose a risk – see Allergy Policy
- Being aware of children with special dietary requirements.
- Providing parents via posters with information about healthy, balanced diets
- Communicating with parents and/or carers about the school's approach to food provision and children's food intake across the day.
- Educating children through the PD & PSE curriculum about healthy diets and lifestyles.

Parents/carers

Parents/carers are responsible for:

- Providing children with a leak-proof water bottle filled with water.
- Providing children with a fruit snack if they won't eat what is on offer in school.

Meeting the needs of all children

We will cater for the cultural and dietary needs of the children in our care. The most common dietary requirements in early years are:

Food allergies: Allergies to foods can cause serious reactions, including death - see the school's allergy policy

Food intolerances: Food intolerances often cause stomach pain and discomfort.

Vegetarianism: A vegetarian won't eat meat of any kind, including fish. They also won't eat by-products of animal slaughter, such as gelatine. Most people who choose to be vegetarian do so for religious, health or moral reasons.

Veganism or eating a plant-based diet: A vegan is someone who eats a diet based on plants (such as vegetables, grains, legumes, nuts, seeds and fruits) and foods made from plants. Vegans don't eat foods derived wholly or partially from animals (such as meat, fish, eggs and honey). Some people refer to this as eating a plant-based diet.

Pescetarianism: A pescetarian avoids meat but eats fish and seafood. They may also consume dairy and eggs. People choose this diet for health, environmental, or ethical reasons, believing fish is a more sustainable or ethical option than other meats.

Religious preferences: Some religions or faiths have strict dietary requirements. Although eating certain foods won't physically harm children, it is vital to respect their religious and cultural beliefs. Religious dietary requirements include (but are not limited to):

- only eating halal foods
- avoiding pork or beef
- keeping kosher
- eating specific foods only on certain days.

Children with special dietary requirements may need specific foods excluded or included.

At Aston and Cote Primary School we will create a safe and inclusive environment for all children to eat and children with special dietary requirements will be included in mealtimes with other children as far as possible. Only where a risk assessment concludes that a significant risk remains despite adequate training and supervision of meals and snacks times, would a child need to eat their meal separately to other children.

We will have ongoing discussions with parents and/or carers about their child's dietary needs. Parents and/or carers may assist by sharing guidance from healthcare professionals.

Events and school trips

- For events, including ones that take place outside of the school, and school trips, OCC catering will provide children with a balanced packed lunch.
- Teachers will take fruit for snack time.
- Parents will provide fresh water in a leak-proof water bottle.

- If a child is not having an OCC packed lunch, parents will be encouraged to send a balanced meal.

Celebrations

Many families like to celebrate their child's birthday and other special events by bringing in a cake or sweets to the setting to share. At Aston and Cote, we allow shop bought cakes/ sweets to be brought in for these special occasions.

Planning food activities

Cooking is a great experience for young children and helps to create a positive relationship with food. Some children have limited opportunities to cook or learn about food at home.

Aston and Cote School will follow the Best Practices outlined in [Help for early years providers : Planning food activities with children](#) these include:

- check there is enough space
- make sure the floor is clean and dry
- follow food safety and hygiene rules
- make sure food and water are fresh
- think about the allergies of everyone in the setting – not just those taking part
- make sure the activity and tools are age-appropriate
- Plan for a range of healthy foods to be cooked throughout the year.

Links to other policies

This policy links to the following policies and procedures:

- OCC catering policy
- School allergy policy