

Donnington Wood Infant School & Nursery



Food and Nutrition Policy

Date of Policy Creation	November 2025	Named Responsibility	Abbie France
Date of review completion	January 2026	Named Responsibility	Amanda Hannington Abbie France
Inception of new Policy	May 2026	Named Responsibility	Resources Committee
Date of Policy Adoption by Governing Body	May 2026	Review due	Summer 2028

All staff and the wider school community will be given a copy of this policy. Copies are available from the office or via the website for parents and members of the wider community

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1. Background

The government has made it a priority to ensure that every child is supported in leading a healthy lifestyle. For further details, refer to [Early Years Foundation Stage Nutrition Guidance](#). School Food Standards are designed to help children develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day.

At Donnington Wood Infant School and Nursery, we always promote awareness and the importance of healthy lifestyles within school. We recognise the valuable role of all school staff modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles. We aim to ensure that children are encouraged to lead a healthy lifestyle by supporting healthy eating, the enjoyment of exercise/sport and taking care of everyone's emotional well-being. We recognise the important connection between a healthy diet and a pupils' ability to learn effectively and achieve high standards in school. This policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

"Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious." EYFS 2025

2. Aims

At Donnington Wood Infant School and Nursery, the aims of our Safer Food and Nutrition policy are to:

- Ensure all meals, snacks, and drinks meet the nutritional needs of children aged 1 to 5 years.
- Promote positive attitudes towards healthy eating and nutrition.
- Support children's health, growth, and development through appropriate food provision.
- Accommodate individual dietary requirements, including allergies, intolerances, and cultural or religious preferences.
- Encourage healthy eating habits from an early age and improve the overall nutrition of children now and into later life.
- Increase the number of children having school meals.

3. Nutritional standards

At Donnington Wood Infant and Nursery School, we follow the [School Food Standards](#) (SFS) to ensure that all food and drink provided during the school day – including breakfast clubs and mid-morning snacks, – support children's health and wellbeing.

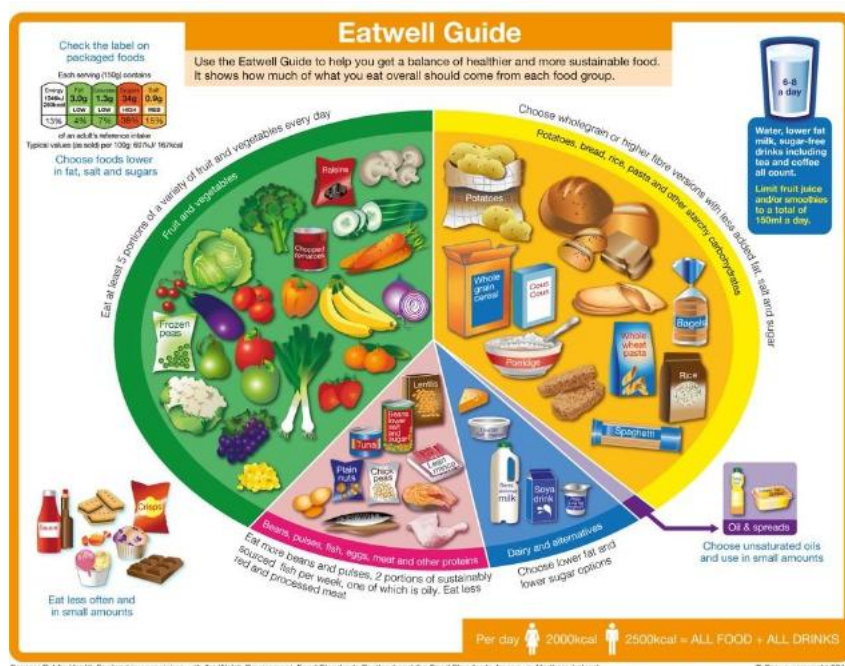
The SFS outline:

- Which foods and drinks **must be provided**
- Which items are **limited or restricted**
- Which foods and drinks **must not be offered**

These standards are mandatory for all maintained schools, academies, free schools, and nursery schools within a primary school setting.

Meals and snacks are planned to include a variety of foods from the four main food groups:

- Fruits and vegetables
- Starchy carbohydrates
- Dairy or dairy alternatives
- Proteins (meat, fish, eggs, beans, pulses)



- Only water and milk are provided to support good oral health. Sugary drinks, including fruit juices and smoothies, are not offered.
 - Foods high in saturated fat, salt, and sugars (e.g. cakes, biscuits, crisps) are limited and offered occasionally in small amounts.
 - Fresh water is always readily available to the children in both the classroom and in nursery.
- Lunch meals are provided by Telford and Wrekin Catering Services; we ensure that all food and drink offered to EYFS pupils at lunchtime complies with the LA nutritional food standards. This includes packed lunches that are provided by the school for class trips.
- Children having a school meal have access to a salad bar.

4. Food Safety and Allergy Management

- We maintain up-to-date records of all children's dietary needs, allergies, and intolerances.
- All food is prepared safely to minimize choking risks. Staff are trained in safe food preparation and are vigilant during mealtimes.
- Children are always supervised while eating. Staff where possible will sit with children during meals to encourage positive eating habits and monitor for any adverse reactions.
- A staff member trained as a paediatric first aider is always present when children are eating.

5. Mealtime Environment

- Mealtimes are social occasions where children are encouraged to try new foods and develop independence.
- Children are encouraged to listen to their hunger cues. They are not forced to eat and are supported in recognising when they are full or hungry.
- We create a calm, enjoyable mealtime environment where children can explore different tastes and textures at their own pace
- Where possible. Staff will sit with children while they eat and encourage interaction at the table.

- Mealtimes will be used to help children develop independence, through making food choices, serving food and drink, and feeding themselves

6. School Menu

- Menus are planned, alongside our whole school catering team (Telford and Wrekin), to offer a variety of foods, tastes, and textures, reflecting cultural diversity and seasonal availability.
- Menus are shared with staff, pupil voice groups across school, parents and school governors, and their feedback is welcomed to ensure cultural and dietary preferences are respected.
- The teaching team discusses our school meal menu with children at registration time so children are aware of the food choices and healthy benefits as well as looking forward to learning about the meals, especially meals which may be new to children.
- Menus are displayed in each classroom, school office and uploaded onto the school website and social networking sites.

7. Nursery Snack Time

- Nursery children are offered a selection of fruit/vegetables provided by the free fruit scheme and a starchy carbohydrate such as, bread sticks, low salt rice cake, crisp bread during their daily snack time.
- In nursery milk is offered alongside water at both morning and afternoon snack times.
- Children will be watched at all times by an adult during snack and meal times.
- Where possible, staff will sit with children while they eat and encourage interaction at the table.
- Mealtimes will be used to help children develop independence, through making food choices, serving food and drink, and feeding themselves

8. Special Dietary Requirements

- We respect and accommodate cultural, religious, and ethical dietary practices.
- Children with medical dietary needs are provided with suitable alternatives, and staff are trained to manage these requirements safely.

9. Parental Engagement

- Regular communication with parents/carers about their child's eating habits and preferences is maintained.
- We provide resources and support to parents/carers to promote healthy eating habits at home.

10. Packed Lunches

At Donnington Wood Infant School and Nursery we encourage healthy lunchboxes, and we provide guidance to parents by way of a healthy lunchbox checklist. We also encourage children to develop a positive attitude to a healthy packed lunch and promote this during whole school assemblies and throughout our whole school curriculum offers.

What a healthy lunch box should include

The following is encouraged to include as key components to promote a balanced meal:

- **Starchy Food or carbohydrates** – Wholemeal bread, wraps, pasta, rice, couscous, potatoes.
- **Protein** – Chicken, tuna, lentils, beans, hummus, boiled eggs, cheese.
- **Vegetables** – Carrot sticks, cucumber, cherry tomatoes, cooked peas, peppers.
- **Fruit** – Apple slices, bananas, sliced grapes (lengthwise), melon, dried fruit (small amounts).

- **Dairy or Non-Dairy Alternatives** – Yogurt, fromage frais, cheese sticks, or fortified plant-based options.
 - **A Healthy Drink** – Water or milk, as per the EYFS requirement
- We ask that parents **avoid** packing the following in their child's packed lunch, in line with healthy eating and food safety guidance:
- Chocolate bars, sweets, or confectionery.
 - Fizzy, sugary, or artificially sweetened drinks.
 - Crisps and salty snacks – alternatives like rice cakes are acceptable.
 - Nuts or nut-based products – **We are a Nut Free school** as this may cause a risk to children with nut allergies.
 - Cereals labelled as high in sugar, e.g. sugar-coated or chocolate-flavoured cereals.

More information can be found at: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

11. Curriculum

Teachers deliver education and learning about healthy eating through their planning across a wide range of curriculum subjects e.g. Science, Design and Technology and Jigsaw. Donnington Wood Infant School take part in the Telford and Wrekin Eatwell Project to deliver healthy eating activities and experiences to all children in school.

12. Break Time

All children in school and Nursery have access to fresh fruit from the governments free fruit scheme.

13. Breakfast Club

We have a very successful breakfast club which opens daily from 7:45am until 8:40am. The breakfast club promotes the ethos of healthy eating by encouraging children to have a balanced meal. Breakfast Club serves cereal, bagels, crumpets, toast and porridge with semi-skimmed milk or water provided by [Magic Breakfast](#).

14. Classroom Breakfast

Each child in school is offered a bagel, crumpet or toast in the classroom at the start of the school day provided by [Magic Breakfast](#). This ensures that no child in school starts the day too hungry to learn.

15. Specific Issues

We acknowledge the major religious festivals of Diwali, Eid, Easter and Christmas and as these are occasional some special party food is allowed during these celebrations such as cakes and biscuits. During these festivals if children have made cakes or biscuits in school, they are encouraged to take them home before eating them. Currently some children bring in sweets for the class on their birthday. On these occasions the sweets are only given out at the end of the day and children are not permitted to eat them in school. They are asked to get permission from parents when they get collected. We will aim to encourage children to bring in alternatives to sweets such a fruit platter or non-edible party favors such as stickers or bubbles, or other creative and healthy options can help keep celebrations balanced.

16. Working with Parents and Carers

The partnership of parents and carers with our school is very important to us and is essential with promoting healthy eating.

At Donnington Wood Infant School and nursery, we:

- send menus home.
- send letters home informing parents of events related to healthy eating.
- update parents, on the website and social networking sites, about Change4Life and encouraging a healthy lifestyle
- send a healthy lunchbox checklist home

17. Appendices

School Menu

Lunch box leaflet