



# Riversdale Primary School

A nurturing, ambitious and values led school.

# HEALTHY EATING POLICY

DATE: 1<sup>st</sup> June 2026

REVIEW DATE: 30<sup>th</sup> May 2027

## INTRODUCTION

At Riversdale Primary School, we recognise that healthy eating plays an important role in pupils' physical health, emotional wellbeing, concentration, learning and readiness for the school day. We are committed to promoting positive attitudes towards food, providing healthy and nutritious food choices, and working in partnership with families to support pupils to develop lifelong healthy habits.

This policy sets out our whole-school approach to food and drink, including school meals, packed lunches, snacks, food provided during clubs, curriculum learning, celebrations, allergies and special dietary requirements.

## AIMS

Through this policy, Riversdale Primary School aims to:

- ensure that food and drink provided by the school meets the statutory School Food Standards;
- promote healthy, balanced and nutritious food choices;
- support pupils to understand the importance of food, nutrition, hydration and physical health;
- ensure that pupils with allergies, medical conditions, SEND, sensory needs, religious requirements or other dietary needs are treated safely, respectfully and inclusively;
- provide clear expectations for food brought into school from home;
- reduce avoidable allergy risks, including through our no-nut approach;
- support pupils to make responsible choices in line with the 4 Rs of Riversdale: Respect, Responsibility, Reflection and Resilience.

## LEGAL AND STATUTORY FRAMEWORK

The school complies with the statutory School Food Standards, which set requirements for food and drink provided to pupils in schools in England. These standards apply to food provided across the school day, including lunchtime and other food provision such as breakfast clubs, mid-morning break and after-school provision.

The school also has regard to relevant guidance on allergies, medical diets and food safety. DfE allergy guidance makes clear that where schools change menus or substitute food products, they must continue to meet the needs of pupils who cannot eat certain ingredients because of an allergy or other medical condition.

Where food is prepared, packaged or labelled on site, the school and/or catering provider will comply with relevant food information and allergen labelling requirements, including requirements for prepacked for direct sale food where applicable.

## SCHOOL MEALS

School meals are provided by Harrison Catering Services in line with the School Food Standards and are designed to offer pupils a healthy, balanced meal during the school day.

The school will work with its catering provider to ensure that:

- menus are balanced, varied and nutritionally appropriate;
- pupils have access to vegetables, fruit and healthy options;
- drinking water is available;
- food is prepared and served safely;
- allergen information is available and accurate;
- medical, religious and cultural dietary requirements are considered wherever reasonably possible;
- pupils eligible for free school meals are supported sensitively and without stigma.

Menus will be reviewed regularly with the catering provider. The school will make menus available to parents and carers through the school website as well as the weekly community newsletter.

## PACKED LUNCHES

Parents and carers who provide a packed lunch are asked to support the school's healthy eating approach.

A healthy packed lunch should ideally include:

- a starchy food, such as bread, wrap, pasta, rice, potatoes or crackers;
- a source of protein, such as lean meat, fish, egg, beans, pulses, hummus, cheese or yoghurt;
- fruit and/or vegetables;
- a dairy item or suitable alternative;

- water or another suitable drink.

Packed lunches should not include:

- nuts or products containing nuts;
- sweets or large quantities of confectionery;
- fizzy or high-sugar drinks;
- energy drinks;
- glass bottles;
- foods that require reheating, unless this has been agreed as part of an individual plan.

Small treats may be included occasionally, but packed lunches should remain balanced overall. Staff will manage concerns about packed lunches sensitively and will work with families where support or guidance is needed.

## **NO-NUT APPROACH AND ALLERGY SAFETY**

Riversdale Primary School operates a no-nut approach. Parents, carers, staff, visitors and pupils must not bring nuts or nut-based products onto the school site, including in packed lunches, snacks, birthday treats, staff food, club food or food for events.

This includes, but is not limited to:

- peanuts;
- tree nuts, such as almonds, cashews, hazelnuts, walnuts and pistachios;
- peanut butter and other nut butters;
- chocolate spreads or cereal bars containing nuts;
- cakes, biscuits or snacks containing nuts;
- products where nuts are a stated ingredient.

Although the school takes reasonable steps to reduce the risk of exposure to nuts, we cannot guarantee that the school site is completely nut-free. Many foods are produced in environments where cross-contamination may occur, and food brought from home cannot be controlled in the same way as food produced by a catering provider.

Pupils with known allergies will have appropriate information shared with relevant staff, and where required, an individual healthcare plan or allergy action plan will be in place. Emergency medication, including adrenaline auto-injectors where prescribed, will be managed in line with the school's First Aid and Medicines procedures.

Staff will take reasonable steps to ensure that pupils do not share food, particularly where allergies or dietary restrictions are known.

## **OTHER ALLERGIES, INTOLERANCES AND MEDICAL DIETS**

The school recognises that pupils may have allergies, intolerances or medical dietary needs beyond nut allergy. These may include, for example, allergies to milk, egg, sesame, fish, shellfish, soya, wheat or other ingredients.

Parents and carers must inform the school of any allergy, intolerance or medical dietary requirement as soon as it is known. The school may request medical information where this is needed to support safe planning.

The school will work with parents, carers, healthcare professionals and catering providers to ensure reasonable arrangements are in place. This may include:

- allergy action plans;
- individual healthcare plans;
- named staff awareness;
- adapted menus or alternative meals;
- clear allergen information;
- agreed arrangements for trips, clubs and special events.

Food will not be given to pupils with known food allergies unless it is clear that it is suitable for them.

## **SNACKS AND DRINKS**

In Reception and Key Stage 1, the school will provide fruits and vegetables for morning snack. In addition to this, pupils are permitted to bring a healthy snack. Suitable snacks include fruit, vegetables or other healthy options agreed by the school.

The school encourages water as the main drink during the school day. Pupils should bring a named water bottle to school. Water

bottles should contain water unless an alternative has been agreed for medical reasons.

The following should not be brought for routine consumption during the school day:

- fizzy drinks;
- energy drinks;
- high-sugar drinks;
- large packets of crisps or sweets;
- nut-based snacks or products containing nuts.

### **BREAKFAST CLUB, AFTER-SCHOOL CLUB AND EXTENDED PROVISION**

Food and drink provided through breakfast club, after-school club and other extended provision will be consistent with the School Food Standards and the school's healthy eating approach.

The school will ensure that:

- food provided is appropriate for the time of day;
- water is available;
- allergy and dietary information is shared with relevant staff;
- no nuts or nut-based products are served;
- pupils are supervised appropriately while eating.

### **BIRTHDAYS, CELEBRATIONS AND SPECIAL EVENTS**

The school recognises that food is often part of celebrations, cultural events and community life. We aim to manage this in a balanced way that supports healthy eating and keeps pupils safe.

Parents and carers should not send sweets, cakes or food items for distribution to the class. This is because of allergy, medical, dietary and safeguarding considerations. Non-food alternatives, such as stickers, pencils, certificates or class-based celebrations, are encouraged. In consultation with the pupils, it has been agreed that should a family wish to mark a birthday, they may donate a reading book to the class library.

Where food is used as part of a school event, curriculum activity, celebration or fundraising activity, staff will consider:

- allergy risks;
- dietary requirements;
- choking risks for younger pupils;
- food hygiene;
- cultural and religious needs;
- healthy eating expectations.

### **FOOD IN THE CURRICULUM**

Healthy eating and nutrition are taught through the curriculum, including science, design and technology, RHW, physical education and wider personal development opportunities.

Pupils are supported to learn about:

- balanced diets;
- food groups and nutrition;
- hydration;
- hygiene and food preparation;
- the social and cultural importance of food;
- making informed choices;
- respecting different dietary needs, cultures and beliefs.

Where pupils prepare or taste food as part of learning, staff will check allergy and dietary information in advance.

### **INCLUSION, SEND AND SENSORY NEEDS**

The school recognises that some pupils, including pupils with SEND, sensory processing differences, autism, eating challenges or medical needs, may require an individualised approach to food and eating.

The school will work with families and relevant professionals to support pupils appropriately. This may include reasonable adjustments, gradual exposure to new foods, adapted seating arrangements, sensory considerations, adult support, visual

supports or individual plans.

Pupils will not be shamed, punished or publicly singled out because of their food choices, allergies, dietary requirements, SEND or medical needs.

## **FOOD HYGIENE AND SAFETY**

The school and catering provider will maintain appropriate food hygiene and safety arrangements. Food preparation and serving areas will be managed in line with food safety requirements.

Staff involved in preparing, serving or supervising food will receive appropriate information or training for their role.

Pupils will be encouraged to wash their hands before eating and after using the toilet. Staff will reinforce safe and hygienic routines in an age-appropriate way.

## **ROLES AND RESPONSIBILITIES**

The Headteacher has overall responsibility for ensuring that the school's food and healthy eating approach is implemented effectively.

The School Business Manager and office team will liaise with catering providers, families and staff about meals, allergies and dietary information.

The catering provider is responsible for ensuring that food provided by the school meets the School Food Standards and that allergen information is accurate and available.

Staff are responsible for following this policy, supporting pupils during eating times, promoting healthy choices and sharing any concerns appropriately.

Parents and carers are responsible for informing the school of allergies, medical needs and dietary requirements, and for supporting the school's no-nut and healthy eating expectations.

Pupils are encouraged to make healthy choices, drink water, avoid sharing food, and show respect for the dietary needs and choices of others.

Governors will monitor the school's approach to food, healthy eating and allergy safety through appropriate committee oversight.

## **MONITORING AND REVIEW**

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

The school will monitor the effectiveness of this policy through:

- feedback from pupils, parents, staff and governors;
- discussions with the catering provider;
- review of menus and food provision;
- monitoring of allergy and medical arrangements;
- review of incidents or concerns linked to food safety or allergy management;
- consideration of national guidance and statutory changes.

The school will keep its approach under review in light of any confirmed changes to the School Food Standards or future DfE requirements regarding the publication of school food policies and menus.