



ST. THOMAS MORE CATHOLIC PRIMARY SCHOOL

FOOD AND NUTRITION POLICY

MISSION STATEMENT

I have come so that they may have life and have it to the full - John 10:10

As a Catholic school, God is at the heart of all we do. We believe that each person is made in His image, deserving to be treated with respect and dignity.

Showing respect, love and care for everyone and everything, we aim to develop harmony between pupils, parents, the school and Parish and grow as a Christian community.

We aim to embed the virtues in every child to believe in themselves to be the best that they can be and leave school as well-rounded individuals who care about themselves, others, and the world.

This policy must be read in conjunction with the Early Years Foundation Stage Nutrition Guidance, Medical Needs Policy, First Aid Policy, Safeguarding Policy and the Preschool/Nursery Policy

Date drafted: September 2025

Date ratified by the Governing Body: September 2025

Date for review by Staff and Governors: September 2026

St. Thomas More Catholic Primary School

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Purpose

At St Thomas More we are committed to supporting children's health and wellbeing by promoting a positive, safe, and consistent approach to food and nutrition.

This policy sets out our approach to:

- Meals and snacks
- Packed lunches
- Birthdays and celebrations
- Food safety, allergies, and cultural/religious needs

Principles

All children are entitled to a healthy, balanced diet that supports growth, development, and learning.

- Mealtimes are social, relaxed, and inclusive.
- Food is never used as a reward or punishment.
- Staff act as positive role models by modelling healthy choices.

Meals & Snacks

We provide

- Healthy snacks (fruit, vegetables, toast, milk, or water).
- Drinks are limited to plain water or milk — no squash, juice, or fizzy drinks.
- We encourage children to try new foods but never pressure them to eat.
- Children must always be in eye sight and hearing of a paediatric first aid member of staff when eating.
- Where possible, staff should sit facing children while they eat.

Packed Lunches

Parents are encouraged to provide a balanced lunchbox including:

- Fruit/vegetables
- Starchy food (bread, rice, pasta, potatoes)
- Protein (meat, fish, eggs, beans, pulses)
- Dairy or alternatives (yoghurt, cheese slices, milk, fortified alternatives)

Foods we ask families to avoid:

- Sweets, chocolate bars, sugary yoghurts, biscuits
- Fizzy or sweetened drinks
- Choking hazards (whole grapes, cherry tomatoes, cheese cubes, popcorn)

We would insist that grapes and tomatoes are cut in quarters and we have a **NUT FREE** whole school policy.

If a child's lunch regularly contains unsuitable items, staff will discuss this privately with parents, never in front of children.

Birthdays & Celebrations

- We celebrate birthdays in fun, inclusive ways (cards, singing, games).
- To support healthy eating, we ask families not to send in cakes, sweets, or party bags.
- Families are welcome to contribute non-food items (stickers, a book for the class, bubbles).

Food Safety, Allergies and Cultural/Religious Needs

- Parents must inform us of all allergies, intolerances, and dietary needs.
- All allergy information is shared with staff and displayed in food preparation areas.

- We take strict care to avoid cross-contamination.
- Staff are trained in allergy awareness and emergency procedures (e.g. use of EpiPens).
- All Preschool/Nursery staff have Level 2 food hygiene and are paediatric first aid trained.
- Cultural and religious food traditions will be respected and included where safe and appropriate
- Children and staff will be expected to wash their hands before preparing and eating food.
- Children and Staff will be expected to say grace before meals.

Safeguarding & Equality

All children have the right to safe, appropriate food that respects their health, culture, and family preferences. We do not allow food-based teasing or comparisons between lunchboxes. Staff never comment negatively on a child's food in front of them.

Monitoring & Review

This policy will be reviewed annually with input from staff and parents.

We will update it in line with EYFS guidance and public health recommendations and the Early Year Foundation Stage Nutritional Guidance (April 2025)

Together, we will create a positive food culture, supporting children to develop healthy eating habits for life.