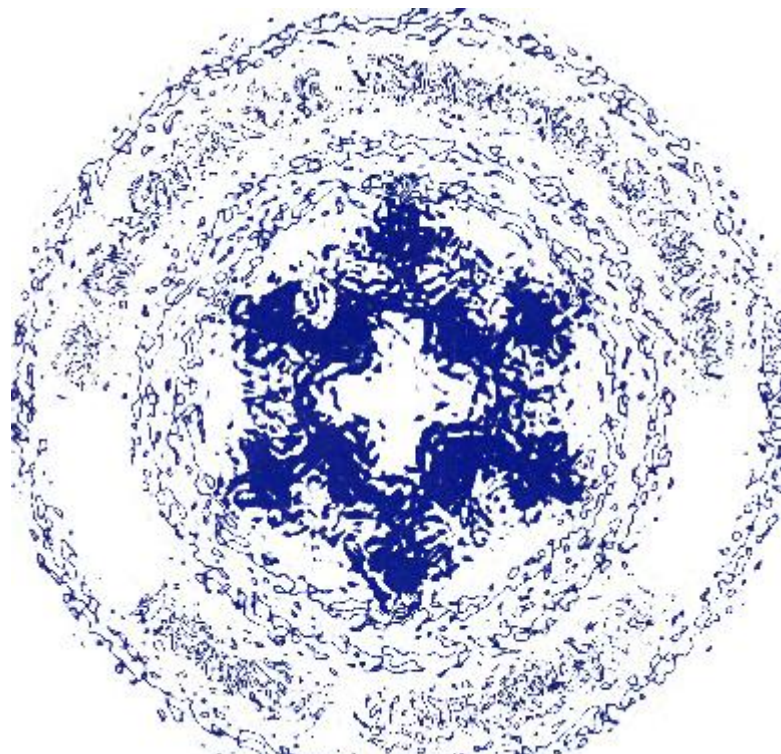


St. Mary's

Church of England Primary School
Kirkby Lonsdale

Food Policy







Our Christian vision is for all **our children and community**
to flourish together and **enable others to do the same**,
using their **talents and gifts to serve** and support others,
encouraging a **sense of care** and **responsibility to others**
and the **world**.

Whole School Food and Allergy Policy

1. Introduction

At our school, we are dedicated to providing a safe, healthy, and inclusive environment that promotes positive nutritional choices, supports pupil health and well-being, and ensures robust safeguards for children with food allergies, intolerances, and special dietary needs. This policy adopts a whole-school approach to food, nutrition, food safety, and allergen management.

It complies with current UK legislation, including the **School Food Standards, Natasha's Law (PPDS labelling requirements)**, and **UK GDPR / Data Protection regulations**.

2. Policy Co-ordinator and Governance

- **School Food & Allergy Co-ordinator:** Brian Jones
- **Designated Safeguarding Lead (DSL):** Coordinates individual healthcare plans for pupils with severe or life-threatening allergies (anaphylaxis).
- **Governing Body Representative:** Jo Gill (Chair of Governors)

3. Policy Aims

- To enable pupils to make healthy, informed food choices through the provision of clear information, practical skills, and positive learning experiences.
- To provide nutritious, high-quality, and compliant food choices throughout the school day.
- To maintain robust food safety, hygiene, and allergen management systems to safeguard pupils with food allergies, medical conditions, or dietary restrictions.
- To promote equal access and inclusion for all pupils regardless of religious, cultural, or medical dietary needs.

4. Equal Opportunities & Inclusion

We recognise the unique needs of every pupil and ensure equal access to food and food education across all areas of school life. Provision is adapted where necessary to support pupils with Special Educational Needs and Disabilities (SEND), physical disabilities, or medical conditions.

5. Curriculum and Education

Food, nutrition, and food safety are taught at age-appropriate levels across Key Stages through PSHE, Design & Technology (Food Technology), and Science.

Teaching Approaches

Pupils engage in participatory learning, practical cooking, debating dietary issues, and exploring food provenance to develop lifelong healthy habits.

Role Models & Staff Training

All teaching, supervisory, and catering staff receive regular training on healthy eating guidelines, basic food hygiene, and **mandatory allergen awareness (including recognising signs of anaphylaxis and administering Adrenaline Auto-Injectors (AAIs))**.

Visitors & External Agencies

Contributions from school nurses, registered dietitians, or external agencies are vetted to ensure their content aligns with current national guidelines and our school philosophy.

6. Food and Drink Provision Across the School Day

Breakfast Club

The school operates a breakfast club offering a nutritious start to the day. All food offered complies with the School Food Standards and allergen disclosure requirements.

School Lunches

School lunches prepared by our catering partner (Lancashire County Council) fully comply with the statutory **School Food Standards**. Menus are balanced, low in saturated fat and added sugar, and clearly labelled with allergen information.

Snacks

The school actively promotes fruit, vegetables, and low-sugar snacks at break times. Foods high in fat, salt, or sugar (HFSS) are discouraged.

Use of Food as a Reward

Food—especially sweets or high-sugar snacks—is not used as a routine reward for behaviour or academic achievement. Praise, certificates, and non-food incentives are prioritised. For special school events (e.g., school discos), dietary options and allergy safety checks are strictly enforced under Headteacher approval.

Drinking Water

Fresh, free drinking water is available to all pupils at all times throughout the school day.

7. Food Brought Into School

Packed Lunches

We encourage parents to provide balanced packed lunches adhering to the Eatwell Guide principles. **To protect children with severe allergies, the school operates a strict Nut-Aware / Nut-Free environment.** Foods containing nuts or peanuts must not be brought into school.

8. Special Dietary Requirements & Allergen Management

Religious, Cultural, and Ethical Diets

Vegetarian, vegan, Halal, and other specific religious/cultural choices are catered for daily in consultation with our catering partners.

Food Allergy, Intolerance & Anaphylaxis Management

- **Individual Healthcare Plans (IHCPs):** Every pupil with a diagnosed food allergy or intolerance has an up-to-date IHCP documenting known triggers, emergency contacts, symptoms, and emergency medical response procedures.

- **Emergency Medication (AAIs):** Emergency Adrenaline Auto-Injectors (e.g., EpiPens) are kept in designated, easily accessible, non-locked locations and checked regularly for expiration. Designated staff are trained in their administration.
- **Catering Communication:** Catering staff receive updated lists and photo-identification profiles of pupils with severe food allergies.

Compliance with Natasha's Law (PPDS Foods)

In accordance with statutory regulations (Natasha's Law), all **Prepacked for Direct Sale (PPDS)** foods prepared on site or supplied by our caterers—including pre-packaged sandwiches, wraps, salads, and dessert pots—are individually labelled with:

1. The full product name.
2. A complete list of ingredients in descending order of weight.
3. The **14 major declarable allergens highlighted in bold** (e.g., **Peanuts, Tree Nuts, Milk, Eggs, Celery, Gluten, Crustaceans, Fish, Lupin, Molluscs, Mustard, Sesame, Soya, Sulphites**).

9. Food Safety, Hygiene & Governance

Strict food safety standards are maintained across storage, preparation, and serving areas. All food handlers hold valid Food Hygiene qualifications. Regular consultations and inspections are carried out in conjunction with the local Environmental Health Department.

10. Communication & Monitoring

- Parents are invited to review menu options, allergen declarations, and this policy via the school website.
- The Headteacher and Catering Staff meet termly to review menu planning, pupil uptake, and safety reports.
- Where pupils consistently bring unsafe or unbalanced foods, staff proactively engage with parents to provide guidance and support.

11. Policy Approval and Review

Date Implemented / Updated: September 2026

Approved by Governing Body: Jo Gill (Chair of Governors)