



# Whitechapel Primary School

## Early Years Food Policy

| AUTHOR    | DATE     | VERSION | CHANGE REFERENCE / DESCRIPTION |
|-----------|----------|---------|--------------------------------|
| E. Howson | Feb 2026 | V1      | First Draft (SB Template)      |
|           |          |         |                                |
|           |          |         |                                |

### Approvers

| NAME           | DATE     | POSITION    |
|----------------|----------|-------------|
| Nicola Noblett | Feb 2026 | Headteacher |

### Reviewers

| NAME           | DATE     | POSITION    |
|----------------|----------|-------------|
| Nicola Noblett | Feb 2026 | Headteacher |

### Distribution

| LOCATION    | DATE          |
|-------------|---------------|
| TEAM's File | February 2026 |

## **Contents page**

- Statement of content
- Legal Framework
- Roles and responsibilities
- Food and drink served
- Nutrition
- Eating Environment
- Allergies and Special requirements
- Food and Safety hygiene
- Food brought in from home
- Communication
- Monitoring and review

## **Statement of Content**

At Whitechapel Primary School, we recognise that the early years are a vital period in children's physical, emotional and social development. The food and drink children consume, and the habits they develop at this stage, play a significant role in shaping their lifelong health, wellbeing and attitudes towards food.

We are committed to providing a safe, inclusive and nurturing environment in which children are offered nutritious, balanced meals and snacks that support healthy growth and development. We actively promote positive eating behaviours and work in close partnership with parents and carers to encourage healthy choices, respect cultural and religious dietary practices, and meet individual dietary and medical needs.

Food is also used as an important learning tool within the EYFS. Children are encouraged to explore a wide range of foods, tastes and textures, and to learn about food through celebrations, festivals and special events that reflect the diverse community of Whitechapel Primary School.

Whitechapel Primary School meets all statutory food safety and nutrition requirements for educational settings in England and aims to maintain high standards across all food and drink provided in the Early Years setting.

## Legal Framework

This policy has due regard to all relevant legislation and statutory guidance, including but not limited to:

- Public Health England – *Example menus for early years settings in England*
- DfE – *School food in England*
- DfE – *The school food plan*
- DfE – *Statutory framework for the Early Years Foundation Stage (EYFS)*
- DfE – *Early Years Foundation Stage nutrition guidance*
- Food Safety Act 1990
- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)

This policy operates in conjunction with the following school policies:

- Whole-School Food Policy
- Allergen and Anaphylaxis Policy
- Health and Safety Policy
- Early Years Policy
- Complaints procedure

## **Roles and Responsibilities**

### **Governing Board**

The Governing Board is responsible for:

- The overall implementation and monitoring of this policy.
- Ensuring the policy does not discriminate on any grounds, including ethnicity, culture or religion.
- Handling complaints relating to this policy in line with the school's Complaints Procedure.
- Ensuring the school uses reputable and reliable food suppliers.
- Ensuring parents who provide food from home are informed about food storage arrangements.

### **Headteacher and EYFS Lead**

The Headteacher, working alongside the EYFS Lead, is responsible for:

- The day-to-day implementation and management of this policy.
- Reviewing menus and mealtime arrangements to ensure children's nutritional needs are met.
- Ensuring appropriate facilities are available for food preparation, handwashing and cleaning.
- Ensuring staff receive appropriate training in allergy awareness and safer eating practices.
- Ensuring allergy action plans are in place, up to date and accessible to all staff.
- Ensuring that at least one member of staff with a valid paediatric first aid certificate is present during mealtimes.
- Informing parents of any significant changes to food provision.

### **Early Years Staff**

Early years staff are responsible for:

- Promoting positive attitudes to healthy eating by acting as role models.
- Sitting with and supervising children during mealtimes.
- Checking allergy and dietary information before serving food.

- Remaining vigilant for signs of choking or allergic reactions and responding promptly in line with training.
- Discouraging children from sharing or swapping food.
- Respecting cultural, religious and individual dietary practices.
- Recording and reporting any food-related incidents to the EYFS Lead and parents.

### **Parents and Carers**

Parents and carers are responsible for:

- Providing accurate and up-to-date information about their child's dietary needs, allergies and preferences.
- Supplying specialist food where required for medical, cultural or religious reasons.
- Ensuring any food brought from home complies with the Whole School Food policy.
- Giving consent for the provision of milk where applicable.

## **Food and Drink Served**

- Meals and snacks include foods from the four main food groups: fruit and vegetables, starchy carbohydrates, protein, and dairy or fortified plant-based alternatives.
- Foods high in fat, salt and sugar are limited in line with school guidance.
- Portion sizes are appropriate to children's age and stage of development.
- Menus reflect the cultural diversity of the Whitechapel community, including the provision of vegetarian options where required.
- Fresh drinking water is available at all times.
- Milk can be purchased by parents for children to have in school time.
- Only water or milk is provided as drinks by the school.

## **Nutrition (Children Aged 1–5 Years)**

Whitechapel Primary School follows DfE nutritional guidance to ensure that children receive a balanced, varied and nutritious diet. Meals and snacks are planned to:

- Encourage children to try a wide range of foods.
- Support healthy growth and development.
- Reduce health inequalities by promoting positive food choices.

Children are never forced to eat but are encouraged to try new foods and eat their meal, through rewards e.g. stickers.

## **Eating Environment**

- Mealtimes are calm, social and arranged in a family service style
- Children in Reception sit together at the top of the hall with Year 5/6 children table monitors
- Children are seated safely and supported to develop independence, including using utensils and serving themselves where appropriate.
- Staff engage children in conversation and model positive mealtime behaviour.
- Children are encouraged to develop good table manners and respect for others.

## **Allergies and Special Requirements**

Whitechapel Primary School takes food allergies and intolerances extremely seriously.

- Parents must inform the school of any allergies or dietary needs.
- Individual allergy action plans are created and shared with all staff.



- Staff receive training in recognising and responding to allergic reactions, including anaphylaxis.
- Food preparation follows strict procedures to avoid cross-contamination.
- Children are discouraged from sharing food.

### **Food Safety and Hygiene**

- Food is stored, prepared and served in line with food safety regulations.
- Staff follow strict hygiene procedures, including handwashing.
- Children are taught age-appropriate hygiene practices.

### **Food Brought in From Home**

- All food brought from home must comply with the Whole School Food Policy.
- Food must be clearly labelled and stored safely.
- Any uneaten food is returned home at the end of the day.

### **Communication**

- Parents are informed about menus and food provision.
- Staff share information with parents about children's eating habits.
- This policy is shared with parents and reviewed regularly.

### **Monitoring and Review**

This policy will be reviewed regularly by the Headteacher and EYFS Lead.

Any updates will be communicated to staff and parents.