



**Kirkby la Thorpe
Church of England Primary Academy
and Pre-School**

Building a Hopeful Future through Kindness, Learning and Trust

Policy Title	Food & Nutrition Policy
Governance Function Area	Health and safety
Date reviewed/amended	September 2025
Date for next review and frequency	September 2026

Vision and values

Building a Hopeful Future through Kindness, Learning and Trust

At Kirkby la Thorpe, we strive to ensure that each person is empowered to flourish and contribute positively to society. We seek to equip our pupils with the knowledge, skills and qualities necessary to navigate the complexities of our world, rooting this in Christian love.

We are inspired by the life of St Thomas in all that we do so that we can:

Be Positive and Active Citizens: We strive for our pupils to communicate clearly, embracing tolerance and respect for the diverse beliefs and aspirations of others.

Be Curious and Independent Members of Society: We encourage curiosity and a thirst for knowledge, instilling a longing for justice and an empathy for those in need.

Have Confidence and Perseverance: Through trusting each other, we empower everyone to embrace challenges with confidence and perseverance, striving to achieve their full potential in all aspects of life so that they can be the best that they can be.

Have the Courage to Respectfully Challenge: We foster an environment where respectful dialogue and critical thinking are encouraged, empowering pupils to voice their opinions with courage and integrity so they can **build** a better future.

Know their heritage: We cultivate an appreciation for both local and national heritage, helping pupils understand their roots and identity within the broader context of history so that they have a sense of where they are from.

Values

We are on this journey together and our Christian values of **Kindness, Learning** and **Trust** support us as we travel.

St Thomas was one of Jesus' disciples. He encouraged others to follow Jesus on his journey (John 11.16), showing **confidence** and **trust**. He also has the **courage** to challenge his friends when they tell him that Jesus has resurrected from the dead; he does not take their words on face value, but asks questions with **curiosity** (John 20.24-29). Thomas was an important member of the early church, taking Jesus' good news for a **hopeful future** to people around the world. According to traditional accounts he travelled to India, **building** Christian communities across the region. This is a journey that would have required great **perseverance**. This matters to us because we consider the ancient global **heritage** of the Christian faith to be an important part of our own identity as a church school. St Thomas inspires us to **learn** from past and current events to build a more hopeful future.

Vision and Values Alignment

This Food and Nutrition Policy reflects our vision and values by ensuring children's health and wellbeing are supported through safe, balanced, and nutritious food choices. It promotes inclusion and respect for diversity by recognising cultural and religious practices,

while safeguarding children through clear allergy, choking hazard, and food safety procedures. By encouraging positive role modelling from staff, fostering relaxed and social mealtimes, and working in partnership with families, the policy nurtures lifelong healthy habits and ensures every child is valued, respected, and kept safe.

Kirkby La Thorpe Church of England Primary Academy Food & Nutrition Policy

1. Purpose

At KLT, we are committed to supporting children's health and wellbeing by promoting a positive, safe, and consistent approach to food and nutrition and is written in conjunction with [Early Years Foundation Stage nutrition guidance](#).

This policy sets out our approach to:

Meals and snacks

Packed lunches

Birthdays and celebrations

Food safety, allergies, and cultural/religious needs

2. 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.

3. Meals & Snacks

At KLT we provide healthy snacks (fruit, vegetables, crackers, breadsticks, maltloaf).

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.

4. Packed Lunches

Where parents choose to supply a packed lunch for their child, we encourage healthy choices to ensure children have a balanced lunchbox. This could include the following:

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 (See Appendix 1)

We ask that fruits such as grapes, cherries, cherry tomatoes are cut lengthways into quarters. It is also advised to avoid foods such as cheese cubes, popcorn, nuts.

5. Birthdays & Celebrations

We celebrate birthdays in fun, inclusive ways (cards, singing, games).

To support healthy eating, any cakes or sweets brought in by parents will not be shared during the school day. This will instead be distributed at home time to be taken home by the children.

Families are welcome to contribute non-food items (stickers, a book for the class, bubbles).

Cultural and religious food traditions will be respected and included where safe and appropriate.

6. Allergies & Special Diets

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).

Children with allergies or dietary requirements will wear a yellow lanyard during meal times.

Children are supervised at all times while eating.

Children are encouraged not to share any food with their peers.

Children wash their hands before eating.

7. 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.

8. Monitoring & Review

This policy will be reviewed annually.

This policy will be reviewed annually

We will update it in line with EYFS guidance and public health recommendations.

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

Policy Written by : Sophie Ashton

Date: September 2025

Review Date: September 2026

References

[Early Years Foundation Stage nutrition guidance](#)

Early years food choking hazards



Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from

choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

