# Food and Nutrition Policy

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# Food and Nutrition Policy

## Contents


1. Aims ..... 2
2. Legislation and guidance ..... 2
3. Responsibilities of the school ..... 3
4. Responsibilities of parents/carers ..... 3
5. Communicating with parents/carers ..... 3
6. Sourcing food and ingredients ..... 4
7. Providing food and drink at school ..... 4
8. Food safety and hygiene ..... 5
9. Safer eating ..... 6
10. Managing allergies and food intolerances ..... 6
11. Managing other special dietary requirements ..... 7
12. Food brought in from home ..... 8
13. Learning about food ..... 8
14. Monitoring arrangements ..... 9


## 1. Aims

- This policy aims to ensure that Elite Sports Academy Limited provides an environment that encourages healthy food and eating, and helps our pupils make healthy food choices
- Food allergies and dietary needs are managed effectively
- Younger children are kept healthy and safe by meeting the Early Years Foundation Stage (EYFS) statutory framework standards around food and nutrition
- Food safety and hygiene practices are followed, including proper food preparation to prevent choking

- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy, nutritious and safe food and drink

## 2. Legislation and guidance

This policy is based on the following legislation:

- Early years foundation stage (EYFS) statutory framework
- Food Information (Amendment) (England) Regulations 2019
- It is also based on the following Department for Education (DfE) guidance:
- Early years foundation stage (EYFS) nutrition guidance
- School Food Standards practical guidance
- Allergy guidance for schools

## 3. Responsibilities of Elite Sports Academy

The managing director will make sure that this food and nutrition policy is properly implemented, and that food preparation, provision and nutrition procedures are followed in accordance with this policy.

All staff are responsible for following the policy and ensuring the health and safety of the children.

## 4. Responsibilities of parents/carers

We work in partnership with parents/carers to make sure all children receive appropriate and nutritious food while in our care.

We ask all parents/carers to:

- Inform us of any allergies, medical dietary needs, food intolerances and religious or cultural dietary requirements. Include when they should do this
- Encourage their child to try a variety of foods and eat a balanced diet at home and in school
- Read and respond to food-related communication, including our menus menus
- Keep Elite Sport Academy Limtied informed of any changes to their child's dietary needs, progress with eating, and/or any other concerns or information around their eating

## 5. Communicating with parents/carers

We tell parents/carers either by email, letter, in person promptly if our staff notice any issues with their child's food consumption or habits  such as:

- Significant changes in eating habits, such as consistently eating very little food or showing a sudden aversion to certain foods or food groups
- Specific food-related problems, such as having trouble chewing or swallowing
- Concerns about wellbeing, such as a child's eating habits appearing to affect their mood, energy level or general wellbeing

We work together with parents/carers to address any problems promptly.

# 6. Providing food and drink at school

We follow the School Food Standards, except in relation to food provided in the following circumstances, to which the standards don't apply:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- As rewards for achievement, good behaviour or effort
- When teaching food preparation and cookery skills, including when the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents/carers or pupils

We provide healthy, balanced, varied and nutritious meals, snacks and drinks at timetabled mealtimes at before and after school clubs as appropriate.

We support all our pupils to develop positive eating habits, helping them to get the right amount of nutrients and energy they need for growth and development.

## 6.1 For all pupils

All meals, snacks and drinks provided are healthy, balanced and nutritious.

Our staff:

- Make tap water available and accessible throughout their time with us and provide fresh tap water at mealtimes
- Encourage pupils to eat balanced meals containing a wide variety of foods from the 4 main food groups:
  - Fruit and vegetables
  - Starchy carbohydrates, such as bread, rice and pasta
  - Dairy or dairy alternatives
  - Protein, such as meat, fish and beans

We have a designated eating space with suitable chairs where:

- The children eat together in a social setting to encourage adventurous food choices
- Distractions are minimised, allowing children to focus on their food and social interactions
- Children with special dietary and additional needs are included whenever possible

## 6.2 For children aged 3 to 5 years

We provide a healthy, balanced diet, based on the 4 main food groups:

- Fruit and vegetables
- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Dairy or dairy alternatives
- Beans, pulses, fish, eggs, meat and other protein sources

We avoid foods that contain artificial sweeteners or that are high in fat, saturated fat, salt and sugars. We use traffic light food labels as a guide, where possible, choosing foods mostly with green labels, which indicates a healthier choice.

We serve appropriately-sized portions, never force children to finish their meals, and do not use food as a reward.

# 7. Food safety and hygiene

Food is prepared by Elite Sport Academy Limited Staff with responsibility for handling and are competent and receive food hygiene training.

**All** staff wash their hands regularly, particularly after helping unwell children or handling their belongings.

## 7.1 Procedures for managing food poisoning

If any child shows symptoms of food poisoning, we will:

- Contact parents/carers immediately to collect their child as soon as possible
- Prevent the spread of infection by isolating the child in a quiet area with easy access to a sick bowl and toilet
- Monitor the child for signs of dehydration, including a dry mouth or crying without tears
- Encourage the child to take small, frequent sips of water

Parents/carers are advised not to return their children to school until they have been symptom free for at least 48 hours.

Ofsted will be notified by the Managing Director or DSL of any food poisoning affecting 2 or more children as soon as possible, and **always within 14 days** of the incident.

# 8. Safer eating

While eating, pupils are always supervised and within sight and sound of a suitably qualified staff member.

## 8.1 Food preparation to prevent choking

Food is prepared in a suitable way for each child's developmental needs, avoiding round shapes and cutting food appropriately (e.g. cutting carrots into narrow batons).

## 8.2 Eating environment

When eating, all children are always:

- Seated safely (e.g. in an appropriately sized chair)
- Within sight and hearing of staff

Where possible, staff sit facing children to monitor eating and prevent food sharing.

We record any incidents of choking needing intervention and inform parents/carers.

Our records are reviewed annually to identify trends.

# 9. Managing allergies and food intolerances

We take allergy and food intolerance management seriously and follow strict procedures to ensure that all children can eat safely.

- Before a child joins our care, we gather detailed information about any known food allergies or intolerances
- **All** staff are trained to be aware of and understand information about food allergies by:
  - Knowing the symptoms and treatments for allergies and anaphylaxis
  - Understanding the difference between allergies and intolerances
  - Being aware that children can develop allergies at any time, particularly during the introduction of solid foods

We share information about food allergies with all staff, and make them aware of which children have allergies or intolerances so they can ensure that the child is given an alternative where the food served contains an allergen.

All staff follow strict measures to avoid cross-contamination, including washing hands and sharing clear rules around visitors bringing food into the premises.

## 9.1 Procedures to manage allergies and intolerances

We make sure that our food is safe for pupils with an allergy or intolerance by:

- Showing allergen ingredients information for the meals served, as outlined in this policy
- Checking any product changes.
- Ensuring our staff read labels and product information before using a product

Through ongoing discussions with parents/carers and health professionals, if appropriate, we create an allergy action plan for each child to help manage their allergy or intolerance.

- This information is kept up-to-date and shared with all staff

## 9.2 Procedures for managing allergic reactions and intolerances

Staff members suspecting a food intolerance will work alongside parents/carers to keep a diary of foods eaten in school, in our care and at home, including any symptoms experienced.

If a staff member suspects a food intolerance, or is the first to identify an allergic reaction in a child, they will:

- Administer the child's prescribed medication immediately in line with our Supporting pupils with medical conditions policy
- Contact emergency services immediately after administering the medication
- Monitor the child and administer a second dose of medication, if required
- Safely move the child to a location away from the allergen and stay with them at all times

If a staff member suspects that a child has reacted to food for the first time, they will:

- Immediately tell the senior member of staff on duty, who will contact the child's parents/carers
- Safely move the child away from the allergen and stay with them at all time
- Comfort and reassure the child to keep them calm

Staff members suspecting a food intolerance will work alongside parents/carers to keep a diary of foods eaten in school and at home, including any symptoms experienced.

# 10. Managing other special dietary requirements

We are committed to supporting children with special dietary requirements and food intolerances, ensuring that every child can eat safely and in accordance with their cultural needs and preferences.

Before a child joins our care, we gather detailed information about any special dietary or health requirements, food preferences and intolerances. We share this information with **all** staff involved in preparing and handing food.

We also:

- Check any product changes
- Ensure staff read labels and product information before using a product
- Supervise children at mealtimes to avoid food sharing

## 10.1 Provision for cultural and dietary preferences

We understand that food preferences can be linked to cultural backgrounds, religious beliefs, or personal choices, such as vegetarianism.

An inclusive eating environment that caters to the cultural and dietary needs of all children is created by:

- Being sensitive to certain customs, and how these affect meal and snack times
- Always having a vegetarian option available

## 10.2 Children with additional support needs

For children with physical, developmental, or sensory issues affecting their eating, we work with parents/carers and health professionals to:

- Adapt food preparation methods where possible
- Offer one-to-one support if needed
- Adjust the eating environment (e.g. limiting noise)

For medically required special diets, we need written confirmation from a health professional to ensure we meet the child's specific nutritional needs.

# 11. Food brought in from home

We share our food and nutrition policy with parents/carers to help them understand our requirements and encourage healthy choices for packed lunches, and any other food brought from home.

Foods that may not be brought into school will be communicated to parents.

## 11.1 Safety and hygiene

For children with allergies, staff may store lunchboxes separately in to reduce the risk of cross-contamination as part of an agreed plan with parents.

Due to food safety reasons, we do not provide refrigeration for packed lunches or reheat food from home.

## 11.2 Celebrations

If parents/carers, visitors, volunteers or school staff wish to bring in food for special occasions, we ask that they only do this:

- When asked to by the school
- When it has been agreed in advance with the Head Teacher or Class Teacher

# 13. Learning about food

Our curriculum includes engaging food-related activities, including:

- Preparing simple meals, such as sandwiches and fruit salads
- Planting easy-to-grow seeds, such as cress and lettuce