



The Food Policy Document relating to Kendall C of E Primary School

Introduction

At Kendall CE Primary School we are committed to promoting healthy eating habits and providing a safe environment for all our pupils. This food policy outlines our expectations for packed lunches, snacks, and school meals to ensure that children receive nutritious food that supports their growth, development, and learning.

Packed Lunches and Snacks

We encourage parents and carers to provide healthy, balanced packed lunches and snacks for their children. To support this:

- **Encouraged Foods:**
 - Fresh fruit and vegetables (e.g., carrot sticks, apple slices, tomatoes, grapes (please note that grapes and cherry tomatoes should be cut in half before they come into school to avoid choking)).
 - Wholegrain bread, wraps, or rolls with a healthy filling (e.g., lean meats, cheese, hummus/houmous*).
 - Dairy products such as yogurt or cheese.
 - Water or milk as the preferred drink options.
- **Prohibited Foods:**
 - Chocolate bars, sweets, and confectionery.
 - Chocolate spread in sandwiches or other items, as these may contain nuts, posing a risk to children with allergies (see Appendix A)
 - Fizzy drinks or energy drinks.
 - Anything in a glass bottle or container.
 - Hot drinks and soups, ramen, etc .

Parents are reminded to check food labels to ensure that packed lunches align with these guidelines and do not contain nuts or nut-based products.

Birthday Treats and Sweets

Occasionally, some children may bring sweets and cakes to share with friends to celebrate their birthday. The same prohibited food rules apply to birthday treats and sweets. Please be particularly mindful of selection boxes such as 'Heroes' and 'Celebrations' many of which contain nuts and peanuts. These are prohibited.

School-Provided Food

Our school dinners are cooked and prepared in line with the government's healthy eating guidelines. We:

- Offer balanced meals that include a variety of fruits, vegetables, proteins, and wholegrains.
- Regularly consult with the School Council to incorporate pupil feedback on menu options.
- Provide a daily choice of free fruit for all children during break times.
- Drinking water is available at all times.

Dietary Requirements and Allergies

- During the enrolment process, we request detailed information on any dietary requirements, food intolerances, or allergies.
- If a child's dietary needs change after enrolment, it is the responsibility of the parent or carer to inform the school in writing as soon as possible.
- We make every effort to cater to all dietary requirements and ensure all staff are aware of children's specific needs.
- The weekly newsletter will include an up-to-date allergens checklist so that the school community is clear about allergens that are and are not permitted in school. This could be subject to change and depend on the children who attend the setting. This is to protect the safety of children who have severe allergies to known allergens. (See Appendix A for the checklist and a sample explanation that will accompany it.)

Monitoring and Support

- Staff will monitor packed lunches, snacks and treats to ensure compliance with this policy and will provide gentle reminders to children and parents when necessary.
- If prohibited items are brought into school, we will keep them in a place of safety and inform the parent/carers and arrange a time for the items to be collected or disposed of.
- We will signpost parents to workshops and resources on healthy eating to support them in making healthy food choices for their children.

Policy Review

This policy will be regularly reviewed to ensure it remains in line with current government guidelines and continues to meet the needs of our school community.

Thank you for your cooperation in helping us to promote healthy lifestyles and create a safe, inclusive environment for all children.

** Hummus/houmous can contain Tahini paste which is made of sesame seeds, so please be aware of the current allergen list published in the weekly school newsletter when deciding on this option*

APPENDIX A**Allergen Check List Last Updated **September 2025****

Allergen	Additional Information	Currently allowed in school
Nuts	Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.	No x
Peanuts	Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour	No x
Sesame seeds	These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.	Yes ✓
Celery	This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.	Yes ✓
Cereals Containing Gluten	Cereals containing gluten Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.	Yes ✓
Crustaceans	Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.	Yes ✓
Eggs	Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.	Yes ✓
Fish	You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.	Yes ✓
Lupin	Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.	Yes ✓
Milk	Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods	Yes ✓

	brushed or glazed with milk, and in powdered soups and sauces.	
Molluscs	These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews	Yes ✓
Mustard	Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.	Yes ✓
Soya	Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.	Yes ✓
Sulphur dioxide (sometimes known as sulphites)	This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide	Yes ✓

Sample Text for newsletter:**Allergens and bringing food from home into school (packed lunches and snacks)**

There are 14 main allergens listed on the food standards website. When children bring in a packed lunch, **our policy currently states that nuts (including peanuts) and products containing nuts (and peanuts) must not be bought into school**. Chocolate spread is also prohibited because it often contains nuts and our staff have no way of telling if the chocolate spread in sandwiches contain nuts or not.

Above/below is a table of allergens and whether we currently allow these in school or not. This may be subject to change as it depends on the allergies that the children who attend our school currently have. Where an allergen is banned at school, this is because a child who attends the setting has a severe allergy that requires an EPI pen, because coming into contact with that allergen (which means that it does not even need to be ingested) is life threatening.

Please support the school by sharing the message with your children that they must **never** share any of their food in school with their friends to avoid accidental ingestion of allergens that are permitted, as an allergy may not be life threatening but can make a child very sick with ingestion. This means that children who do not have a food allergy can continue to bring food into school that is currently permitted on the list below, so long as they do not share their food with others. The permitted allergen list and food policy will be continuously monitored and shared regularly, and any changes or updates regarding allergens will be communicated via the school newsletter and school ping. The checklist **above/below**

will also feature as an attachment at the end of the weekly newsletter as a quick reference guide.