



Sunshine
Academy

Food and Nutrition Policy for KS1

Written	September 2026
Written by	Miss S Corkindale
Ratified by Local Governing Body	October 2026
Date of Review	September 2027
Requirement	Not-statutory Trust requirement Not required on website



1. Policy Statement and Aims

Purpose

This policy sets out how Sunshine Academy will provide nutritious, safe food for our KS1 pupils (Years 1 and 2), promoting healthy eating habits while ensuring the safety of children with allergies and dietary requirements.

Our aims are to:

- Provide food that meets the legal school food standards
- Ensure all food is safe, particularly for pupils with allergies
- Promote healthy eating and positive attitudes towards food
- Support pupils' learning, concentration and wellbeing through good nutrition
- Create an inclusive dining environment where all pupils can eat safely

2. Legal Requirements and School Food Standards

All maintained schools must follow The Requirements for School Food Regulations 2014, which specify which types of food and drinks should be served at school and how often. These standards cover all food and drink we provide to pupils on and off school premises including school lunches, breakfast clubs, tuck shops, mid-morning breaks, and after-school clubs.

What this means in practice:

- Our school meals will include vegetables and fruit at every lunch
- We'll provide starchy foods (like bread, rice, pasta) at every lunch
- We'll offer protein sources (meat, fish, eggs, beans) regularly
- We'll limit high-fat, high-sugar foods
- We'll provide free, fresh drinking water at all times

How we'll ensure compliance:

- Our catering contract specifies compliance with school food standards
- The governing board will receive regular reports on compliance and meal take-up
- We'll use the government's practical guide and checklists to monitor our provision

3. Natasha's Law: Allergen Labelling and Safety

What is Natasha's Law?

Following the death of teenager Natasha Ednan-Laperouse, who had an allergic reaction to an undeclared ingredient in a baguette that was pre-packed on-site, schools have a duty to list ingredients on food that's prepacked for direct sale (PPDS) on school premises. School food standards and labelling requirements

Our responsibilities under Natasha's Law:

We must label any food that is packaged at our school and in this packaging before it's selected or ordered by pupils or staff. The package or label must include: the name of the food, a list of ingredients, and the 14 allergens required to be declared by law, emphasised within the list.

The 14 major allergens we must declare are:

1. Celery
2. Cereals containing gluten (wheat, rye, barley, oats)
3. Crustaceans (prawns, crabs, lobster)
4. Eggs
5. Fish
6. Lupin
7. Milk
8. Molluscs (mussels, oysters, squid)
9. Mustard
10. Nuts (almonds, hazelnuts, walnuts, etc.)
11. Peanuts
12. Sesame seeds
13. Soya
14. Sulphur dioxide/sulphites

How we'll implement this:

- Kitchen staff will be trained on labelling requirements
- We'll use the Food Standards Agency's labelling decision tool to check individual food types
- Labels will be checked before food is served

4. Benedict's Law (Owen's Law): Protecting Children with Allergies

What is Benedict's Law? (See Allergy Policy)

Benedict's Law (also known as Owen's Law) requires schools to have plans in place to protect pupils with allergies. While the specific legislation is still being developed, we are committed to best practice in allergy management.

Our approach to allergy safety:

Individual Healthcare Plans (IHCPs)

- Every child with a diagnosed food allergy will have an IHCP
- Plans will include: the specific allergen(s), symptoms of a reaction, emergency procedures, and staff training needs
- Plans will be reviewed at least annually and when circumstances change
- All relevant staff will be aware of pupils' allergies

Staff Training

- All staff working with KS1 pupils will receive training on:
 - Recognising allergic reactions
 - Using auto-injector pens (EpiPens)
 - Emergency procedures
 - Cross-contamination prevention
- Training will be refreshed annually

Allergy-Aware Environment

- We'll maintain an allergy register accessible to all relevant staff
- Photos of pupils with allergies will be displayed in the kitchen and dining hall (with parental consent)
- We'll have clear procedures to prevent cross-contamination during food preparation
- Tables and surfaces will be cleaned before and after eating

Communication with Parents

- We'll gather detailed information about allergies at admission and update it regularly
- Parents will be informed immediately of any allergic reactions
- We'll work with parents to ensure packed lunches are safe for their child and others

Emergency Medication

- Adrenaline auto-injectors will be stored accessibly and staff will know their location
- We'll ensure medication is in date and replaced as needed
- Emergency procedures will be clearly displayed in the dining hall and kitchen

5. School Events and Celebrations

The school food standards do not apply to food or drink provided at parties or celebrations to mark religious or cultural occasions, at fundraising events, or as rewards for achievement, good behaviour or effort. However we are committed to keeping all pupils safe and therefore do not allow parents/carers to provide sweets, cakes or other food items as a treat for the class. We kindly ask that a book from our birthday book list is chosen instead.

Cake Sales and Fundraising Events

Our approach:

We do not ask parent/carers or volunteers to provide home baked goods. Cakes will be purchased and ingredients clearly displayed.

6. Packed Lunches from Home

Parents/Carers are asked to provide healthy choices:

Healthy packed lunch guidance for parents/carers:

- Include at least one portion of fruit and one of vegetables
- Include a starchy food (bread, pasta, rice, potatoes)
- Include protein (meat, fish, eggs, beans, pulses)
- Include dairy or dairy alternative
- 1 small packet of crisps 15-20g
- 1 small cake (reduced sugar) or cereal bar
- We do not allow chocolate bars or biscuits
- We do not allow milk shakes, fizzy drinks or energy drinks

Allergy safety:

- We may request that certain allergens aren't sent in packed lunches if we have pupils with severe allergies (e.g., nut-free policy)
- Parents/Carers will be informed of any such restrictions
- Children will be supervised during lunch to prevent sharing food

7. Food in the Curriculum

Teaching about Nutrition

- KS1 pupils will learn about healthy eating through science and PSHE lessons
- We'll teach pupils about the importance of a balanced diet
- We will encourage positive attitudes towards trying new foods

Cooking Activities

- When teaching food preparation and cookery skills, we'll ensure:
 - Proper hygiene practices are followed
 - Allergen safety is maintained
 - Risk assessments are completed
 - Adult supervision is appropriate
- We'll use this as an opportunity to teach about food safety and allergies

8. Roles and Responsibilities

Local Governing Body:

- Ensure the school meets legal requirements for school food standards
- Receive regular reports on compliance and meal take-up
- Review this policy annually

Headteacher:

- Ensure policy implementation
- Ensure staff training is up to date
- Oversee allergy management procedures

SENCO/Allergy Leader:

- Maintain the allergy register
- Coordinate staff training
- Liaise with catering providers about standards and allergen information

Kitchen Staff/Catering Manager:

- Prepare food meeting school food standards
- Ensure proper allergen labelling
- Prevent cross-contamination
- Maintain food safety standards

Class Teachers and Teaching Assistants:

- Be aware of pupils' allergies in their class
- Supervise lunchtimes appropriately
- Know emergency procedures
- Promote healthy eating

Parents/Carers:

- Inform school of any allergies or dietary requirements
- Provide up-to-date emergency medication
- Support healthy eating at home
- Follow packed lunch guidance

9. Monitoring and Review

This policy will be:

- Reviewed annually by the governing board
- Updated when legislation changes
- Monitored through termly reports on meal take-up and compliance
- Evaluated through parent and pupil feedback

Policy approved by governors: 21.10.26

Next review date: September 2027

See also:

Food and Nutrition Policy in EYFS

Allergy Safety Policy