



Vita et Pax
PREPARATORY SCHOOL

Vita et Pax Preparatory School *Established 1936*

Food Policy

Policy Originator	Deputy Head Teacher
Approved by	Governing Body
Date Approved	09 March 2026
Status	Non-Statutory (Best Practice)
Review Period	Annually (next: March 2027)

1. Legal Framework

This policy is informed by the following legislation and statutory guidance:

- Early Years Foundation Stage (EYFS) Statutory Framework 2024.
- The School Food Standards (Department for Education, 2014, updated 2023).
- Food Safety Act 1990.
- Food Hygiene (England) Regulations 2006.
- Health and Safety at Work Act 1974.
- Children and Families Act 2014.
- Equality Act 2010.
- Allergen Labelling Regulations (EU Regulation 1169/2011, retained in UK law).
- The Independent School Standards Regulations (ISSRs) 2014, Part 3.
- Keeping Children Safe in Education (KCSIE) 2025.

2. Purpose and Aims

Vita et Pax Preparatory School recognises that good nutrition is vital to children's health, development, and learning outcomes. We are committed to providing safe, balanced, and inclusive meals and snacks that meet statutory requirements and reflect individual children's needs.

Our aims are to:

- Support healthy growth and development through a varied and balanced diet.
- Teach children the importance of nutrition, exercise, and overall wellbeing.

- Respect and accommodate cultural, religious, and medical dietary requirements.
- Provide parents with confidence that food safety and hygiene standards are consistently maintained.
- Promote positive attitudes towards food and mealtimes across all year groups.

3. Scope

This policy applies to all children from 2 years of age in our nursery provision through to Year 6. It covers food provided during school hours, at Breakfast Club, Wraparound Care, and during school trips and educational visits.

4. Pre-Admission Information

Before admission, parents must provide full written details of:

- Allergies, with medical evidence and emergency action plans.
- Intolerances and associated symptoms.
- Cultural or religious dietary requirements.
- Any additional feeding needs for two-year-olds, including weaning stages and food textures.

This information is centrally recorded and shared with all relevant staff. Parents must promptly update the school of any changes in writing.

5. Food Provision and Safety

The school ensures the following safeguards are in place at all times:

- A member of staff trained in paediatric first aid is present whenever food is served.
- All staff who handle or supervise food must complete accredited food hygiene training every three years, with refresher training as required.
- Portion sizes are appropriate for each child's age and stage of development.
- Allergenic foods are separated, labelled, and managed to avoid cross-contamination.
- Special dietary requirements are met with accuracy and consistency.
- All food preparation, storage, and serving complies with the Food Safety Act 1990 and Food Hygiene Regulations 2006.

Daily checks are carried out by catering staff and monitored by the Catering Manager to ensure consistent compliance with these standards.

6. Meals and Snacks

- Breakfast Club provides cereals, toast, fruit, and milk.
- Breaktime snacks consist of fruit or vegetables. Small items (e.g. grapes, cherry tomatoes, berries) are cut into quarters to minimise choking risks.
- Lunch consists of a balanced hot meal with vegetables and fruit. Younger children, including those in the 2-year-old nursery, are assisted with cutlery and supervised to ensure safe eating.

- Wraparound Care offers light meals such as sandwiches, crudités, dips, fruit, and dessert.

Hydration is supported through free access to drinking water at all times. Milk is available unless medically restricted.

7. Dietary Requirements

All dietary requirements are managed in close partnership with parents, the school office, and the catering team.

- Allergy and dietary information is displayed clearly in the kitchen, dining hall, and relevant classrooms.
- EYFS children may use placemats or badges identifying their dietary needs to provide an additional layer of protection.
- Children with SEND may bring a packed lunch where this is the safest or most appropriate arrangement, agreed in partnership with parents.
- Vegetarian, vegan, and culturally appropriate options are available daily.

8. School Trips

- Staff receive updated lists of dietary requirements before every trip.
- Packed lunches are prepared in accordance with children's needs.
- Vegetarian or vegan options are always available.
- Risk assessments for trips include consideration of food provision and allergen management.

9. Nutrition Education

The school integrates healthy eating into the wider curriculum, including:

- PSHE lessons covering nutrition, healthy lifestyles, and the importance of balanced diets.
- Cooking and food preparation activities across year groups.
- Links between physical education, wellbeing, and healthy eating.
- Celebrating cultural diversity through food-themed activities and events.

10. Sustainability

The school encourages children to learn about food sourcing, recycling, and environmental responsibility. The chef monitors food waste and adjusts menus where appropriate to reduce unnecessary waste.

11. Monitoring and Review

- The Head Teacher holds overall responsibility for this policy.
- The Deputy Head Teacher (Kate Newton) is responsible for oversight of food provision and ensuring this policy is fully implemented across the school.

- The Catering Manager is responsible for day-to-day food provision and compliance with food hygiene standards.
- The EYFS Lead is responsible for ensuring the policy is fully implemented in the Early Years, including the 2-year-old nursery.

This policy is reviewed annually by the Governing Body, or sooner if statutory guidance changes or individual needs require it.