



## Whole School Nutrition Policy (Including EYFS and Out of School Provision)

This policy was written with reference to the government document “Early Years Foundation Stage nutrition guidance” May 2025

### Policy Statement:

At Cranford, we provide nutritious, home-made, hot meals and alternative cold options for all our pupils and staff. Our aims are to provide pupils with the energy they need to learn and concentrate, and to offer them the opportunity to sample a wide variety of freshly cooked dishes.

We also believe that well-managed mealtimes encourage appropriate social interaction between pupils and staff. We organise meal and snack times so that they are social occasions in which children and staff participate. Lunch for Reception and Years 1 and 2 is a family service with a member of staff serving the food at each table. A self-service system operates for the pupils in the upper Juniors (Years 3 to 6). The member of staff on duty will ensure that any issues with table manners are addressed accordingly. Pupils in the Senior School use a self-service system with a member of the teaching staff on duty in the Willow Court Restaurant over the lunch period.

This policy is available to all interested parties on the website and on request from the School Office. It is reviewed annually, and when events or legislation requires.

### Key Personnel:

In September 2022, Thomas Franks took over the School’s catering and their staff liaise closely with the SLT and the Headmaster. In the first instance, the pupil’s Form Tutor should be approached should there be any problems or questions regarding this policy.

### Procedures:

We follow these procedures to promote healthy eating at Cranford School:

- Before a child starts to attend Cranford School, we find out from parents about any dietary needs and preferences of the child, including any allergies.
- We request updates from parents on an annual basis to ensure that our records are up-to-date, and parents are encouraged to communicate any changes as they occur.
- We provide current photographic information about children’s dietary needs so that catering and teaching staff are fully informed. Junior School children with specific dietary requirements are served meals on a red plate.

- We implement systems together with Thomas Franks, to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We take care not to provide food containing nuts or nut products. Cranford aims to be a 'nut-free zone'.
- Snacks are carefully chosen to be healthy and nutritious, such as fruit and vegetables, biscuits, milk and water.
- Through discussion with parents and research by staff, we obtain information about the dietary rules of any religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We ensure that staff show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make him or her feel singled out because of his or her diet or allergy.
- In order to protect children with food allergies, children are discouraged from sharing and swapping any food with each other.
- Meal and snack times are used to help children develop independence through making choices, serving food and drink (where appropriate) and feeding themselves.
- Children are provided with utensils that are appropriate to their ages and stages of development and that take into account the eating practices of their cultures where appropriate.
- Fresh drinking water is available for pupils throughout the day. Children are informed of how to access it.
- We provide nutritious food, all meals are made from fresh, natural ingredients. We do not use 'ready-made' ingredients or foods. We always use fresh vegetables, although frozen peas and sweet corn are used, as these are more practical varieties of these vegetables. Fresh vegetables are sourced from local, organic producers, where possible. All our meat is sourced from quality, local butchers. Pupils in all areas of the School receive a choice of fresh fruit or a traditional, home-made pudding or yogurt each day.
- Menus are changed regularly, and dishes are chosen with care to provide a balanced diet, and these are posted on our website for parents to view. Our catering team welcomes any suggestions of dishes popular at home.
- Pupils in EYFS and Years 1 and 2 are not given a choice of menu as this is felt to be inappropriate for this age group. Only those registered as being vegetarian are able to take advantage of the vegetarian option.
- Pupils in Years 3 to 6 are offered one meat and one vegetarian option as well as an additional meat dish and a choice of salad bar, jacket potato or soup each day\*. The vegetarian option is available to all pupils.
- Pupils in the senior school are given two styles of lunch option each day, a hot meal or a 'sandwich/baguette lunch (which includes a packet of crisps and fruit). Pupils who have lunch time enrichment activities are able to collect a hot lunch as a 'Grab and Go' option or a sandwich/baguette which can be eaten before, during or after the club depending on the activity. We took into account our pupil voice feedback, which highlighted many pupils wished for a sandwich option on some days of the week.

### **Senior school lunch arrangements:**

Senior pupils order their lunch for the week ahead on a Monday morning. They choose between a hot main meal option, such as lasagne, a jacket potato with a variety of fillings, pasta with a choice of sauce, or a 'grab and go' packed lunch with sandwich, crisps and fruit. The pupils also have access to a fresh salad bar every day and can choose to add items from this to their meal choice, or have a lunch made up entirely of salad (including protein and carbohydrate options.)

## **Lunchtimes**

All pupils in the Junior School eat lunch at 12:00 every day. All pupils in the Senior School eat lunch at 1pm every day. This ensures the pupils can gather collectively to share lunch, then depart for clubs and enrichment activities during the remainder of their lunch break. This also ensures that all pupils are having their lunch at an appropriate time for their age group and no group of pupils is waiting late into the day for their main meal.

### **EYFS specific arrangements and guidance:**

**This policy supports the principles and statutory requirements of the Early Years Foundation Stage (EYFS) framework.**

We are committed to providing a safe, inclusive, and nurturing environment that promotes high-quality early learning experiences for all children.

The children in the pre-prep eat lunch together on family style tables, with an adult serving their meal to provide a balanced plate and sitting with them for the meal. As noted in the guidance, “Early Years Foundation Stage nutrition guidance” (May 2025), this format of eating together “encourages the children to try foods that they might not try at home” in a safe and nurturing environment that takes into their considering their dietary needs and restrictions.

Food provided and portions given to children in the EYFS takes into consideration the guidance outlined on pages 14-17 of the “Early Years Foundation Stage nutrition guidance” (May 2025) found [here](#). In short, the guidance followed for provision of food is to:

- make sure children eat a balanced diet covering the 4 main food groups
- avoid foods and drinks high in salt, sugar and saturated fat
- milk and water are the only drinks you should offer
- children should eat a variety of fruit and vegetables to access different vitamins and nutrients.

### **Health, Safety and Food Hygiene:**

Our kitchens and dining room are managed with health, safety and food hygiene as a top priority. All our catering staff are fully trained by both us and Thomas Franks.

The School has the right to deviate from its policies as it sees fit.

**Reviewed: May 2025**  
**Review due: May 2026**

**Matron and Head of Pre-Prep**  
**Matron and Head of Pre-Prep**