

FCJ Primary School



Food & Nutrition Policy

Mission Statement

Teach the children with all the kindness and gentleness possible.

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Article 3: Acting in the best interest of the children in our care.

Article 19: Keeping children safe from harm.

The FCJ Governors are committed to safeguarding and promoting the welfare of children and young people at every opportunity and expect all staff and volunteers to share this commitment.



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1 Policy Statement

FCJ Pre-School is committed to promoting the health and well-being of all children in our care. This Food and Nutrition Policy aims to ensure that children receive nutritious, balanced snacks. We are also committed to managing food allergies and intolerances in a safe, responsible manner.

2 Objectives

- 2.1 To provide healthy, balanced, and age-appropriate snacks.
- 2.2 To create a safe food environment for children with allergies and intolerances.
- 2.3 To ensure all staff are trained in food safety, including allergen management.
- 2.4 To promote awareness of healthy eating habits among children, staff, and parents.

3 Snack and Lunches

The daily snack menu is shared with parents and available to view.

Snack will be provided to the Pre-School children twice daily, morning and afternoon.

All children are required to bring their own lunch box; suggestions are shared with parents to ensure that these are healthy and varied.

All children bring their own water bottle to school and are encouraged to drink from this regularly and refill when required.

4 Food Hygiene and Food Preparation

All staff responsible for handling food have completed mandatory food hygiene training which is updated as applicable.

Food is stored and prepared in accordance with best practice and adheres to food hygiene regulations.

The school kitchen facilities are inspected by the regulatory body for Jersey and receive a food hygiene rating.

5 Allergens and Special Dietary Needs

We recognise that food allergies and intolerances are serious concerns for some children. The safety of all children is our top priority, and we will take all necessary precautions to prevent exposure to allergens.

6 Identifying Allergies and Special Dietary Needs

All parents or guardians are required to inform the school about any known food allergies, intolerances, or special dietary needs when their child enrolls.

The school will ask parents to complete a Care Plan, which includes a full list of allergens the child must avoid.

The school will maintain an up-to-date list of children with food allergies or special dietary needs and share it with relevant staff, senior leaders, and first aiders.



7 Allergen-Free Environment

All food preparation areas will be thoroughly cleaned and sanitized to prevent cross-contamination.

Specific procedures will be in place to handle food allergens safely in the kitchen, including the use of dedicated utensils and equipment where necessary.

We will label all food clearly, indicating potential allergens (e.g., nuts, gluten, dairy, etc.) and ensure the kitchen staff follow safe practices to avoid cross-contact.

8 Food Labelling and Ingredient Transparency

All foods provided, whether purchased or prepared on-site, will be clearly labelled with ingredient lists and allergen information.

The school will regularly review food menus and ingredients to ensure they are allergy safe.

9 Substitutes for Allergies

For children with food allergies or intolerances, the nursery will work with parents to create appropriate meal plans that meet the child's dietary needs.

Substitutes for common allergens (such as dairy-free or gluten-free alternatives) will be provided where necessary and feasible.

10 Emergency Procedures for Allergic Reactions

All staff will receive training on how to recognize and respond to an allergic reaction, including the use of an epinephrine auto-injector (EpiPen) if necessary.

Children with known allergies will have an Individual Care Plan developed in consultation with their parents, which will include details on potential symptoms, triggers, and emergency response procedures.

In the event of an allergic reaction, staff will immediately follow the emergency plan, contact emergency services, and inform the child's parents or guardians.

11 Staff Training

All staff responsible for handling food will have the mandatory training for food hygiene and the appropriate level.

Staff will receive ongoing training in food allergies, safe food handling, and emergency response to allergic reactions. This training will be reviewed regularly.

12 Healthy Eating and Promotion of Good Nutrition

The school will promote good nutrition through the curriculum, encouraging children to explore different foods, understand the importance of eating a balanced diet, and develop good eating habits.

We will provide opportunities for children to engage in activities such as growing their own fruits or vegetables, helping with food preparation, or learning about where food comes from.



Staff will model healthy eating habits and provide positive reinforcement when children make healthy food choices.

13 Special Considerations

Religious and cultural dietary preferences and restrictions will be respected and accommodated to the best of our ability.

If a child has specific dietary needs due to medical conditions (e.g., diabetes, celiac disease, etc.), these will be discussed with parents, and appropriate meal modifications will be implemented.

14 Monitoring and Review

The Food and Nutrition Policy will be reviewed annually by the management team to ensure it remains up to date and effective.

Any changes to the policy will be communicated to staff, parents, and guardians in a timely manner.