

Trinity St Mary's CE Primary

Dietary, Food Hygiene & Safer Eating Policy

2026 - 2027



"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you"

Ephesians 4:32



The Diocese of
Southwark



Designated Allergy Safety Lead: Lynn Anderson (Headteacher)

Status & Review Cycle: Statutory Annual

Reviewed: September 2026

Next Review Date: September 2027 (or earlier if statutory guidance changes)

Policy Lead: Headteacher

Governor responsible for oversight: Hayley Van Den Bergh & Diane Holmes

Approved by: Governing Body

This Policy applies to: All pupils, staff, volunteers, and visitors, contractors with pupil-facing responsibilities, wraparound provision and school activities.

Status: School policy supporting statutory and regulatory duties relating to school food, food safety, allergy safety and the Early Years Foundation Stage.

Purpose and principles

Trinity St Mary's CE Primary is committed to providing food and eating arrangements that promote pupils' health, safety, dignity, inclusion and wellbeing. Food provided by or on behalf of the school will be managed so that it is safe, hygienic and, where the relevant standards apply, healthy, balanced and nutritious.

This policy brings together the school's arrangements for dietary needs, food hygiene and safer eating. It must be read alongside the school's Allergy Safety Policy (Including Anaphylaxis). Where a pupil has a known allergy, the Allergy Safety Policy, the pupil's Individual Healthcare Plan (IHP) and any healthcare-professional Allergy Action Plan take precedence for allergy-specific controls and emergency treatment.

The school promotes an allergy-aware culture. Reasonable and proportionate controls will be used to reduce avoidable exposure, but the school does not claim that any environment can be completely allergen-free.

Legal and guidance framework

This policy has been prepared with regard to current requirements and guidance applicable in England, including:

- ✚ Department for Education (DfE), Allergy safety in schools: statutory guidance (published 6 July 2026);
- ✚ DfE School food standards and the School food standards: resources for schools, updated July 2026;
- ✚ the Early Years Foundation Stage (EYFS) statutory framework for group and school-based providers applying from 1 September 2026;
- ✚ DfE Early Years Foundation Stage nutrition guidance;
- ✚ Children and Families Act 2014, including duties to support pupils with medical conditions, as amended by the Children's Wellbeing and Schools Act 2026 in relation to allergy safety;
- ✚ Food Safety Act 1990 and applicable food hygiene and food information legislation; and
- ✚ Food Standards Agency (FSA) guidance on food hygiene, allergen information and food labelling.

The Governing Body and Headteacher will ensure that the policy is reviewed when relevant statutory guidance, legislation or school arrangements change.

Roles and responsibilities

Governing Body and Headteacher

- ✚ ensure appropriate oversight of food, dietary, allergy and safer-eating arrangements;
- ✚ ensure catering arrangements support applicable School Food Standards and food-safety requirements;
- ✚ ensure sufficient resources, training and supervision are available;

- ✚ ensure EYFS safer-eating requirements are implemented in Nursery/Reception and any other provision to which the EYFS applies; and
- ✚ monitor significant food-safety, allergy and choking incidents and ensure lessons are learned.

Designated Allergy Safety Lead

The Designated Allergy Safety Lead is Lynn Anderson (Headteacher). Allergy-specific responsibilities, including IHPs, allergy training, emergency medication, serious incidents and near misses, are set out in the school's Allergy Safety Policy.

Catering provider and food handlers

Trinity St Mary's CE Primary School works with its catering provider, Harrison's, to manage food safety and allergen risks. Catering staff and anyone preparing or handling food must be competent for their role, follow appropriate hygiene procedures, provide accurate allergen information and follow agreed procedures for special diets.

All staff

- ✚ follow this policy and the Allergy Safety Policy;
- ✚ know the dietary, allergy, intolerance, medical, cultural or religious requirements relevant to children in their care;
- ✚ never give a child food when they are unsure whether it is suitable;
- ✚ supervise eating appropriately and intervene promptly if a child becomes unwell or chokes;
- ✚ prevent food sharing where this could create a safety risk; and
- ✚ report concerns, errors, allergic reactions, choking incidents and relevant near misses promptly.

Dietary information and individual needs

Before a child starts in the EYFS or in year, and whenever information changes, the school will obtain information from parents/carers about special dietary requirements, preferences, food allergies, intolerances and relevant health requirements. Equivalent information will be obtained and maintained for pupils elsewhere in the school where required for their safe care.

Parents/carers must inform the school promptly of changes to diagnosis, dietary requirements, prescribed medication or healthcare advice. Trinity St Mary's CE Primary School will not remove or introduce a medically required dietary restriction without appropriate information.

Dietary needs may arise from allergy, intolerance, coeliac disease or another medical condition, disability, religion or belief, culture, ethical choice or other individual circumstances. The school will consider reasonable and practicable arrangements while keeping safety central.

Information will be shared with staff and catering personnel who need it to keep the child safe, in accordance with the school's data-protection arrangements.

Allergy safety and anaphylaxis

All allergy management must be consistent with Trinity St Mary's Allergy Safety Policy (Including Anaphylaxis). The school will maintain up-to-date allergy information, develop IHPs where required, follow Allergy Action Plans and ensure staff can recognise and respond to allergic reactions.

Children must not share or swap food. Ingredients and allergen information must be checked rather than assumed to be unchanged. Food used in lessons, clubs, celebrations, events and visits is subject to the same risk-management principles as food served at meals.

Trinity St Mary's is a nut-free school. Foods containing nuts must not be brought onto the premises. This control reduces risk but must never be described or relied upon as a guarantee that the school is completely allergen-free.

Where anaphylaxis is suspected, staff must follow the Allergy Safety Policy: administer adrenaline promptly in accordance with the pupil's plan/emergency arrangements and call 999. Emergency treatment must not be delayed while waiting for a parent/carer or senior leader.

Food hygiene and safe preparation

Food must be stored, prepared, cooked, served and disposed of hygienically. Suitable handwashing, cleaning, separation, temperature control and storage procedures will be followed to reduce the risk of contamination and foodborne illness.

- ✚ hands must be washed effectively before food preparation and eating, and after activities likely to contaminate hands;
- ✚ food-contact surfaces and equipment must be kept appropriately clean;
- ✚ raw and ready-to-eat foods must be handled to minimise cross-contamination;
- ✚ food must be stored at appropriate temperatures and within relevant use-by dates;
- ✚ food handlers must follow procedures for illness and must not handle food where doing so would create an infection risk;
- ✚ allergen cross-contact must be considered alongside ordinary food-hygiene controls;
- ✚ food supplied by external providers must meet the school's agreed food-safety and allergen arrangements; and
- ✚ staff involved in preparing and handling food in EYFS must receive food-hygiene training.

School meals, snacks and drinks

Meals and food provided by the school will comply with the School Food Standards where those standards apply. Menus should support a varied, healthy food culture and take account of individual dietary needs.

For EYFS children, meals, snacks and drinks provided must be healthy, balanced and nutritious and the school will have regard to the DfE EYFS nutrition guidance. Fresh drinking water will always be available and accessible.

Children will be encouraged to develop positive eating habits. Food will not routinely be used as a reward or punishment. Staff will promote a calm, inclusive mealtime environment and will avoid shaming children about food, body size, appetite or dietary needs.

Safer eating and choking prevention

Safer eating is a safeguarding and welfare matter. Food, seating and supervision must be appropriate to the child's age, developmental stage and individual needs.

EYFS requirements

- ✚ while EYFS children are eating, there will always be a member of staff in the room who holds a valid full-course paediatric first aid certificate meeting EYFS requirements;
- ✚ at every meal and snack time, staff will be clear who is responsible for checking that each child receives food and drink that meets their dietary, allergy, intolerance and health requirements;
- ✚ food will be prepared in a way that reduces choking risk and is appropriate to each child's individual developmental needs; assumptions will not be made solely on the basis of age;
- ✚ children will be seated safely and, where possible, eat in a designated area with distractions minimised;
- ✚ children must always remain within sight and hearing of a member of staff while eating;
- ✚ where possible, staff will position themselves so they can observe children's eating, prevent unsafe food sharing and notice choking or an unexpected allergic reaction quickly; and
- ✚ any choking incident requiring intervention will be recorded, parents/carers informed, and records periodically reviewed for patterns or lessons.

Whole-school safer-eating practice

- ✚ children should be seated appropriately while eating and should not run, walk around or play with food in their mouths;
- ✚ staff will consider additional supervision or adaptations for pupils with SEND, oral-motor difficulties, swallowing concerns or other needs that increase choking risk;
- ✚ foods known to present a choking risk will be prepared and served appropriately for the age and needs of the child;
- ✚ staff supervising meals must know how to summon first aid/emergency assistance; and
- ✚ a child who appears to be choking or seriously unwell must receive immediate assistance in accordance with first-aid procedures.

Packed lunches and food brought from home

Parents/carers are asked to support the school's healthy-eating and allergy-safety arrangements. Packed lunches and snacks should be suitable for the child, clearly identifiable where necessary and comply with communicated allergy controls, including the school's nut-free rule.

Children should not share food from lunchboxes. Staff must not give home-supplied food to another child. Where the school has concerns about the safety or suitability of food brought from home, it will discuss this with the parent/carer and take proportionate action to keep pupils safe.

Birthday food, celebration food, food for fundraising and ingredients supplied for lessons or clubs must be agreed and managed in accordance with the school's allergy and food-safety arrangements. Ingredient/allergen information must be available where required.

Food in curriculum activities, clubs and events

Cooking, tasting, science, sensory activities, celebrations, fairs, PTA events, breakfast/after-school provision and other activities involving food must be planned with dietary and allergy needs in mind.

- ✚ staff must check relevant pupil information before the activity;
- ✚ ingredients and labels must be checked before use, including where a product has been used previously;
- ✚ appropriate hygiene and handwashing must be maintained;
- ✚ substitutions must not be made without checking suitability;
- ✚ pupils with dietary needs must be included safely and with dignity wherever reasonably possible; and
- ✚ external providers and visitors supplying food must be informed of and comply with relevant school requirements.

Educational visits and off-site activities

Food, allergy and safer-eating needs will be considered during planning and risk assessment for educational visits, residentials and off-site activities. Staff will ensure appropriate food is available, relevant dietary information is communicated securely, prescribed emergency medication accompanies the pupil where required, and staff understand emergency arrangements.

A pupil should not be unnecessarily excluded from a visit because of an allergy or dietary need. Reasonable arrangements will be considered so that the pupil can participate safely.

Food labelling and allergen information

Trinity St Mary's CE Primary School and its catering provider (Harrison's) will comply with applicable food-information and allergen-labelling requirements. Information about the 14 regulated allergens will be available as required. Where food is prepacked for direct sale (PPDS), applicable ingredient and allergen labelling requirements will be followed.

Staff must never rely on memory or previous packaging when checking whether a product is suitable. Recipes, ingredients, suppliers and manufacturing processes can change.

Food poisoning and illness

Suspected food poisoning or a food-safety incident will be reported immediately to the Headteacher and catering provider, investigated and managed in accordance with applicable public-health, food-safety and reporting requirements.

For Trinity St Mary's CE EYFS provision, where food poisoning affects two or more children cared for on our premises, the school will make any required notification to Ofsted as soon as reasonably practicable and within the statutory timescale.

Records will be retained where appropriate so that causes, patterns and corrective actions can be identified.

Incidents, near misses and learning

Food-related incidents and near misses will be taken seriously. Allergy incidents and near misses will be managed under the Allergy Safety Policy. Choking incidents requiring intervention in EYFS will be recorded and reviewed in accordance with the EYFS requirements.

Following a significant incident, leaders will consider whether changes are needed to an individual plan, supervision, food preparation, catering arrangements, staff training, risk assessments or this policy.

Staff training

Training will be proportionate to staff roles. This will include allergy and anaphylaxis awareness in accordance with the Allergy Safety Policy, food-hygiene training for staff who prepare or handle food where required, and safer-eating/choking awareness for staff supervising children.

New, temporary, supply and relevant wraparound staff will receive the information they need before taking responsibility for pupils. Training and induction arrangements will be reviewed following incidents, changes to guidance or identified gaps in practice.

Inclusion, SEND and dignity

Trinity St Mary's CE Primary School recognises that some children require adapted food textures, specialist utensils, additional time, positioning, closer supervision or other adjustments to eat safely. Arrangements will be developed with parents/carers and, where appropriate, relevant health professionals.

Children with allergies, medical diets, SEND, religious/cultural diets or other dietary requirements will be treated with dignity and should not be made to feel different, burdensome or unnecessarily excluded from shared school experiences.

Monitoring and review

The Headteacher will oversee implementation of this policy with relevant staff, the catering provider and the Designated Allergy Safety Lead. The Governing Body will maintain appropriate oversight.

This policy will be reviewed annually and earlier where legislation or statutory guidance changes, a significant food/allergy/choking incident occurs, catering arrangements change, or monitoring identifies an area for improvement.

Related policies and documents

- + Allergy Safety Policy (Including Anaphylaxis);
- + Supporting Pupils with Medical Conditions Policy;
- + Administration of Medicines Policy;
- + First Aid Policy;
- + Health and Safety Policy;
- + Educational Visits Policy;
- + Safeguarding and Child Protection Policy;
- + EYFS policies and procedures;
- + Data Protection Policy;
- + Behaviour and Anti-Bullying policies;
- + Individual Healthcare Plans, Allergy Action Plans and Asthma Action Plans; and
- + catering-provider food safety, allergen and special-diet procedures.

Appendix 1 – Safer Eating Quick Check

- ✚ Do I know the dietary/allergy needs of the children I am supervising?
- ✚ Has the correct food been checked for the correct child?
- ✚ Is the food prepared in an age- and developmentally appropriate way?
- ✚ Are children seated and supervised appropriately?
- ✚ For EYFS: is a full-course paediatric-first-aid-qualified member of staff in the room?
- ✚ Can I see and hear the children while they eat?
- ✚ Am I alert to silent choking and unexpected allergic reactions?
- ✚ Do I know how to obtain first aid/emergency medication immediately?
- ✚ Have I prevented unsafe food sharing?
- ✚ If an incident occurs, have I responded, recorded and reported it correctly?

Appendix 2 - Key references

DfE - Allergy safety in schools (statutory guidance), 6th July 2026

<https://www.gov.uk/government/publications/allergy-safety-in-schools>

DfE - School food standards: resources for schools, updated 9 July 2026

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

DfE - EYFS statutory framework for group and school-based providers, version applying from 1st September 2026

<https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

DfE - Early Years Foundation Stage nutrition guidance

<https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition>

Food Standards Agency - food safety and allergen guidance

<https://www.food.gov.uk/>