



The Academy at
St James
Aspire, Achieve, Believe

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The Academy at St James

EYFS & Whole School FOOD AND NUTRITION Policy



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The Academy at St James

EYFS & WHOLE SCHOOL FOOD AND NUTRITION POLICY

Table of Contents

Item	Page(s)
1. Trust Policy Statement	3
2. Introduction and Aims	3
3. Definitions and Scope	3
4. Roles and Responsibilities	4
5. Menu Planning	4
6. Food Brought from Home 6.1 Packed Lunches 6.2 Celebrations	5
7. Food Safety and Hygiene	6
8. Supporting Individual Pupil Needs	6
9. Food and Nutrition in the Curriculum	7
10. Resources and Signposting for Families	7
11. Links to Guidance and Other Policies	7
12. Monitoring, Accountability and Review	8
Appendix One: The Academy at St James EYFS Meal and Snack Time Arrangements	9
Appendix Two: The Academy at St James Packed Lunch Policy	10
Appendix Three: The Academy at St James Sample Menus	11
Appendix Four: Individual Pupil Dietary Needs Tracker	12



1. Trust Policy Statement

All BDAT schools with pupils in the Early Years Foundation Stage (EYFS), or anyone using our premises to run an out-of-school setting at which children between the ages of 0 and 5 can attend, is expected to have an EYFS Food and Nutrition policy in place.

As part of our focus on diversity and inclusion, BDAT pledges that our policies will seek to promote equality, fairness, and respect for all staff and pupils. Our policies reflect the BDAT values of inclusion, compassion, aspiration, resilience, and excellence. By working closely with a range of stakeholders, such as our school, union, and HR colleagues, we have ensured that BDAT's policies do not unlawfully discriminate against anybody.

This policy has been implemented following consultation with stakeholders and will be reviewed on a triannual basis to reflect changes in local and national guidance, or sooner if there are substantive amendments.

For the purpose of this policy, the term Trust refers to BDAT. The term school and the term academy are interchangeable. The term pupil and the term student are interchangeable.

2. Introduction and Aims

The Academy at St James is determined to enable every child to thrive and recognises that a balanced and nutritious diet underpins a healthy lifestyle. The early years are a crucial time to set the foundations for a lifetime of good nutritional health by helping children to develop positive eating habits, as children's early experiences with food can shape their future diet.

This policy has been produced in response to the [DFE Early Years Foundation Stage Nutrition Guidance](#) which states that where children are provided with meals, snacks and drinks in school, these must be healthy, balanced and nutritious. This policy sets out how we will meet the requirements of this guidance within our Early Years provision.

3. Definitions and Scope

The [DFE Early Years Foundation Stage Nutrition Guidance](#) states that children aged one to five need to be fed a healthy balanced diet based on the four main food groups so that they get the essential nutrients to help them grow and develop. These food groups are: fruit and vegetables; potatoes, bread, rice, pasta and other starchy carbohydrates; dairy or dairy alternatives; and beans, pulses, fish, eggs, meat and other protein.

From September 2025, this nutrition guidance is being incorporated into the safeguarding and welfare requirements of the EYFS statutory framework, which is given legal force by regulations made under the Child Care Act 2006 s39(1)(b). This means that we must take this guidance into account and should follow it unless there is good reason not to.

Whilst this policy and the [DFE Early Years Foundation Stage Nutrition Guidance](#) only applies to children up to the age of five, many of the principles outlined will also be beneficial to pupils who are older.

This EYFS Food and Nutrition Policy sets out the approaches we are expected to take in order to meet the expectations set out by the DfE in their nutrition guidance.



4. Roles and Responsibilities

This section of the policy outlines the different responsibilities of staff at The Academy at St James relating to the implementation of this policy:

The Local Governing Body is responsible for approving, reviewing and monitoring this policy to ensure that The Academy at St James is compliant with [DFE Early Years Foundation Stage Nutrition Guidance](#), and for ensuring that the Headteacher enacts this policy.

Headteachers are responsible for ensuring that this policy is enacted within their academy.

SENDCOs and DSLs are responsible for working in tandem to implement individual pupil nutrition plans for those children who may have allergies or any other associated risks.

All Staff are responsible for supervising pupils who are eating in line with their school's arrangements at snack and mealtimes.

Parents, Carers and Families are responsible for working in partnership with their child's school by:

- Maintaining regular contact about any food allergies or dietary requirements that their child has (both existing and emerging).
- Working in partnership with school by ensuring that any food provided from home meets the requirements outlined within [DFE Early Years Foundation Stage Nutrition Guidance](#).
- Supporting their child by encouraging them to enjoy the full range of meals and snacks provided by school as part of a healthy balanced diet.
- Informing school about any changes in circumstances that may affect their child's needs.
- Where necessary, engaging productively with staff in the development of and review of any nutrition plan for their child.

5. Menu Planning

At The Academy at St James, in conjunction with our catering provider, we will plan weekly menus in advance in line with the [DFE Early Years Foundation Stage Nutrition Guidance](#), which provides guidelines as to different food items that should be provided, limited and avoided. Menus will also be compliant with the expectations set out in the [School Food Standards](#).

We recognise that planning menus in advance helps to ensure that the offer to children provides a varied, balanced and nutritional diet across the week. It also enables active consideration of children who have dietary requirements or food allergies, so that the meals provided meet their needs.

The Academy at St James will regularly communicate our weekly menus with parents to support them to manage any anxieties their children may have around eating, as well as helping them to balance their child's diet at home.

We will work with our catering provider to vary our menus throughout the academic year, giving children the opportunity to experience different seasonal produce and foods from a range of cultures that reflect the diverse communities of Bradford.

For further information about menu planning, please see Appendix One which provides more specific details.



6. Food Brought from Home

6.1 Packed Lunches

The Academy at St James understands that some families may wish to provide food from home for a variety of reasons. [DFE Early Years Foundation Stage Nutrition Guidance](#) states that food provided from home should align with the healthy options provided within school, so that children receive consistent messages about nutrition. This means that it is a government expectation of all schools to encourage healthy food choices for packed lunches.

We will regularly share this policy with all parents, so it is clear the expectations around healthy and balanced meals applies to those children who bring their own food to school, as well as those who eat school meals.

In circumstances where children bring packed lunches that are not consistent with the expectations set out in the [DFE Early Years Foundation Stage Nutrition Guidance](#), we will discuss this with parents to advise them of the importance of a healthy and balanced diet for their children. This is an expectation of us set out within the government guidance. A record of any such conversation will be made on CPOMS so that we can evidence compliance with the EYFS framework.

Where we have pupils with allergies that could be affected by the contents of a packed lunch (e.g. an airborne nut allergy), we will clearly communicate to parents that these items are prohibited from the school site.

See Appendix Two for more information about The Academy at St James packed lunch policy.

6.2 Celebrations and Special Occasions

The Academy at St James recognises that there are occasions during the school year when children, families and our school community may wish to arrange celebrations. For example, parents may wish for their child's birthday to be celebrated with their classmates, or we may wish to mark religious festivals or hold events for our community.

In line with the recommendations in the [DFE Early Years Foundation Stage Nutrition Guidance](#), we will use non-edible means of celebrating pupil birthdays (such as stickers or balloons).

In relation to whole school or community events, we will take a pragmatic approach in these instances, balancing our obligations to promote healthy eating in line with the guidance, with recognition that food can be a significant element of such celebrations.

In all circumstances, any food brought in from outside school will be checked for potential allergens.

7. Food Safety and Hygiene

The Academy at St James is compliant with [Food Standards Agency requirements](#) in relation to food safety and hygiene management.

Our catering is outsourced to the BDAT centrally procured provider (FM Catering) and assurances in this regard are part of the contractual arrangement with oversight at both Trust and school level.



Food should always be prepared in such a way that minimises the risk of choking hazards as per [DfE Food Safety Guidance](#). The Headteacher must ensure that all staff involved in the supervision of pupils at snack and meal times are:

- Fully informed of any children with allergies or dietary requirement
- Aware that they must actively prevent pupils from sharing food
- Supervising children that are eating face on wherever possible so they can identify any choking incidents more easily

The Academy at St James is not able to provide the facilities for packed lunches to be refrigerated, or for food brought in from home to be reheated. Parents should be mindful of this when deciding what to pack for their child. For example, packing items in insulated sealed bags, using ice packs or packing items that can be safely stored at room temperature. Parents should also prepare food in packed lunches in line with the above guidance to minimise the risk of choking hazards.

8. Supporting Individual Pupil Needs

The Academy at St James is committed to ensuring that all pupils are supported with any individual needs they may have, including dietary requirements. Families should inform school of any allergies or dietary requirements as soon as they emerge, so that appropriate support can be put in place within school.

Where parents are providing a packed lunch for their child, it will be their responsibility to ensure that it is suitable for their child's individual needs.

Any allergies or dietary requirements will be recorded on the school's Management Information System. An individual care plan/risk assessment will also be co-produced with parents detailing:

- The nature of the pupil's allergy or dietary requirement
- The measures to be taken to meet their dietary need
- The measures to be taken in the event of an emergency

This care plan will be stored on the pupil's CPOMS file and shared with the relevant members of staff.

We will keep a collated record of all pupils with food allergies and dietary requirements. This will be made available to catering providers, both at mealtimes and in out of school hours provisions, so that they can ensure the dietary needs of all pupils are safely met. At all meal and snack times, there will be a nominated member of staff to oversee this.

9. Food and Nutrition in the Curriculum

The Academy at St James believes that it is vital for children to learn about nutrition from an early age so that they develop a positive relationship with food and understanding of a healthy diet.

We offer these learning opportunities to pupils at our school as part of their curriculum. Where capacity and facilities allow, cooking with pupils in school ensures that all children have the chance to engage practically.



10. Resources and Signposting for Families

This is a non-exhaustive list of useful resources and information for families about a healthy, balanced and nutritional diet for their children, including recipe ideas:

- [DFE List of Common Food Allergens](#)
- [NHS Guidance on Food Allergies in Young Children](#)
- [NHS Guidance on Responding to an Allergic Reaction to Food](#)
- [NHS Guidance on Food Intolerances](#)
- [Food Standards Agency Advice on Avoiding Choking Hazards](#)
- [Food Standards Agency Guidance on How to Prepare Food Safely](#)
- [NHS Guidance for Parents of Fussy Eaters](#)
- [Public Health England's Eatwell Guide](#)
- [DFE Guidance on the Four Food Groups](#)
- [NHS Guidance on Food Labelling](#)
- [DFE Guidance on Portion Sizes](#)
- [DFE Guidance on Easy Substitutions](#)
- [NHS Healthy Start - Get Help to Buy Food and Milk](#)
- [NHS Start for Life Recipe and Meal Ideas for Under-5s](#)
- [DFE Recipe Cards](#)
- [DFE Guidance on Planning Food Activities with Children](#)

11. Links to Guidance and Other Policies

This policy pays due regard to, and should be read alongside, the following statutory guidance, non-statutory guidance and other policies:

- [DFE Early Years Foundation Stage Statutory Framework](#)
- [DFE Early Years Foundation Stage Nutrition Guidance](#)
- [DFE Guidance for Early Years Providers on Food Safety](#)
- [The School Food Standards](#)
- [Keeping Children Safe in Education 2026](#)
- [Working Together to Safeguard Children 2026](#)

12. Monitoring, Accountability and Review

The operational implementation of this policy will be monitored regularly via the BDAT Primary Headteacher Network and Early Years Professional Learning Community.

The Local Governing Body will provide accountability to the Headteacher for the implementation of this policy at The Academy at St James.

Formal review of this policy will take place on a triannual basis or sooner if there are any changes to guidance.



Appendix One: The Academy at St James EYFS Meal and Snack Time Arrangements

The Academy at St James is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. Our catering provides a range of healthy food choices throughout the school day in line with [DFE Early Years Foundation Stage Nutrition Guidance](#) and [The School Food Standards](#).

Water is provided for pupils to drink throughout the day and all children under the age of 5 are provided with milk daily. Children older than 5, parents are able to order it through the school milk scheme.

We are committed to doing everything we possibly can to meet the dietary requirements of all our pupils. Please contact Suzanne Harrison (SENCO) via the school office if you would like to discuss any particular needs your child has, so we can work in partnership to develop an individual plan for them.

Food Provision - Breakfast

Breakfast is an important meal that should provide children with energy so that they are ready to learn at the start of the school day.

We run a daily breakfast club for pupils between 7.30am and 8.40am. Places must be pre-booked by logging into Parent Pay the day prior to needing the place – a payment is expected before the session is taken.

The food provided at breakfast club includes cereals, wholemeal bread, bagels, low fat spreads, milk.

Food Provision – Lunch

School meals are provided by FM Catering and served between 11.40 and 1.15 in the dining hall. Our school meals meet the standards set out in [The School Food Standards](#).

Menus are planned on a 3-week cycle and are communicated to families via DOJO. They always include a range of options (meat, fish and vegetarian) and the dietary requirements of all pupils will be catered for. Sample menus are included within Appendix Three of this policy.

We recognise that some parents will prefer to send packed lunches for their children. Please see Appendix Two for further information about our policy on packed lunches.

Food Provision – Snacks

Snacks are also provided to pupils in EYFS at other times during the school day. Other children across the school are welcome to bring a piece of fruit for snack which they can eat at break time.

Food Provision – After School

We run a daily after school club for pupils between 3.15 and 6.00. Places must be pre-booked by logging into Parent Pay the day prior to needing the place – a payment is expected before the session is taken.



Appendix Two: The Academy at St James Packed Lunch Policy

The Academy at St James recognises that some parents prefer to provide packed lunches for their children for a variety of reasons. We ask for the support of all parents in ensuring that the lunches they provide are consistent with our aims to promote a healthy and nutritious diet for all our pupils.

Based on the [DFE Early Years Foundation Stage Nutrition Guidance](#), we would encourage parents to provide a balanced lunch consisting of:

- A portion of starchy carbohydrate such as bread, potatoes, pasta, noodles, rice or other grains, choosing wholemeal where possible
- One portion of fresh fruit and one portion of vegetables or salad. If you are providing any small fruits such as grapes or cherry tomatoes, please ensure that they are cut into halves to prevent choking.
- A portion of dairy food such as cheese or a plain yoghurt
- A protein product such as meat, fish, eggs, beans or pulses

In order to support us in being a school that promotes a healthy diet for our pupils, we would request that the following items are not included within packed lunches:

- Sweets / chewing gum
- Chocolate bars
- Cakes
- Fizzy drinks, energy drinks or sugary still drinks
- Nuts or products containing nuts
- Sharing bags of Crisps

If you have any queries about your child's packed lunch, please speak to their class teacher in the first instance.



Appendix Three: The Academy at St James Sample Menus

Colour Coded Menu Choices April-October 2025						
Menu Choices Week 1						
	Red	Green	Blue	Yellow	Orange	Purple
Monday	Cheese Flan	Fajita Pasta Bake		Jacket Potatoes	Hot Sub Roll	Sandwiches
Tuesday	Chicken Tikka Masala	Vegetarian Mince Lasagne	Halal Chicken Korma	Jacket Potatoes	Hot Sub Roll	Sandwiches
Wednesday	Roast Dinner	Quorn Roast Dinner	Halal Chicken Tikka Roast Dinner	Jacket Potatoes	Hot Sub Roll	Sandwiches
Thursday	Cheese & Tomato Pizza	Mini Meatless Ball Pizza		Jacket Potatoes		Sandwiches
Friday	Southern Fried Chicken Goujons	Vegetable Dippers	MSC Battered Fish	Jacket Potatoes		Sandwiches
Menu Choices Week 2						
	Red	Green	Blue	Yellow	Orange	Purple
Monday	Cheese & Onion Pasty	Bombay Vegetable Biryani		Jacket Potatoes	Hot Sub Roll	Sandwiches
Tuesday	Chilli & Rice	Veggie Mince Pasta Bolognese	Halal Chilli	Jacket Potatoes	Hot Sub Roll	Sandwiches
Wednesday	Roast Dinner	Quorn Roast Dinner	Halal Chicken Tikka Roast Dinner	Jacket Potatoes	Hot Sub Roll	Sandwiches
Thursday	Cheese & Tomato Pizza	Savory Rolls		Jacket Potatoes		Sandwiches
Friday	All Day Brunch	All Day Vegetarian Brunch	MSC Fish Fingers	Jacket Potatoes		Sandwiches
Menu Choices Week 3						
	Red	Green	Blue	Yellow	Orange	Purple
Monday	Mac & Cheese	Chickpea Tikka Masala		Jacket Potatoes	Hot Sub Roll	Sandwiches
Tuesday	Chicken Pie	Cheese Roll	Halal Keema & Peas	Jacket Potatoes	Hot Sub Roll	Sandwiches
Wednesday	Roast Dinner	Quorn Roast Dinner	Halal Chicken Tikka Roast Dinner	Jacket Potatoes	Hot Sub Roll	Sandwiches
Thursday	Cheesy Beef Taco Pasta	Loaded Vegetable Pizza	Cheese & Tomato Pizza	Jacket Potatoes		Sandwiches
Friday	MSC Fish Fingers	Breaded Cheese & Vegetable Grill	Salmon & Sweet Potato Fishcake	Jacket Potatoes		Sandwiches

Appendix Four: Individual Pupil Dietary Requirements Tracker Template

Name of Pupil	Year	Food Allergies/Dietary Requirements	Religious/Faith Requirements	Additional Comments