



Healthy Eating and Allergies Policy

At Weston Green School, we are committed to promoting healthy eating habits and ensuring the safety of all children in line with the Early Years Foundation Stage (EYFS) requirements. Our policy is designed to maintain the highest standards of nutrition and allergy management.

Healthy Eating Standards

- All meals and snacks provided must meet strict nutritional guidelines, including:
 - Balanced portions of protein, carbohydrates, fruit, and vegetables.
 - No processed foods, high-sugar items, or foods high in salt or saturated fat.
 - All ingredients must be fresh and prepared in a hygienic environment.
- Meals must be served at the correct temperature and stored according to food safety regulations.

Allergy and Cross-Contamination Controls

- We operate a **zero-tolerance policy** for allergens such as nuts, sesame, shellfish, and other high-risk ingredients.
- All food must be prepared in an environment that guarantees no cross-contamination with allergens.
- Detailed ingredient lists and preparation methods must be provided in advance for every item.

Packed Lunch Requirements

Parents who wish to provide a packed lunch must:

- Submit a **full weekly menu plan** for approval at least two weeks in advance.
- Provide a complete list of ingredients and confirm compliance with our allergy and healthy eating standards.
- Ensure all food is stored and transported in temperature-controlled containers.
- Agree to random checks by staff to ensure compliance.

Failure to meet these requirements will mean the packed lunch cannot be accepted, and the school meal service will be provided instead.