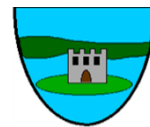


**Dalmellington Primary School**  
**Food Policy**  
December 2025



Dalmellington Primary School actively promotes healthy eating and supports pupils with food allergens. Our approaches ensure our pupils are offered a balanced diet and dietary requirements are met.

We are a nut-free school as we have pupils with nut allergies. This is communicated via our school blog and our school menus reflect this.

### **In school**

- We provide our children with nutritious food through breakfast, lunchtimes and learning opportunities.
- We build knowledge and skills enabling our children to make well informed food choices in school and beyond.
- We promote good food choices in a nurturing environment that supports all children's health, wellbeing and participation in decision making as we place children's rights at the heart of our decision making.

We achieve this by taking a whole school approach to food provision, food education and the food experience of children by:

- providing food choices throughout the school day that meet the requirements of the Nutritional Regulations (2020) in The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 ('the Act')
- ensuring that everyone involved in the provision of food at school, or educating children about food, is presenting a consistent whole school, health promoting approach
- working together with school food providers, pupils, families and partners
- ensuring that our approach is based on current dietary advice to support children to have the knowledge and skills required to make well informed dietary choices.

This policy is relevant to everyone involved with food and drink on our school premises. Everyone has a role to play in supporting our policy and ensuring compliance with the required Nutritional Regulations. Our SLT are in the dining hall at lunchtime to monitor the implementation of the policy and should a concern arise, SLT would alert Catering Services. To ensure that we are confident in implementing this policy, any allergies and dietary requirements are shared with staff and updated as required. Parents/carers are required to keep the school up to date with medical information for their child. Medical information is updated at the start of the school session for every child as part of annual consent forms. The responsibility lies with parents/carers to update the school should changes arise throughout the school year.

## **Breakfast**

Buttered toast is provided by our Catering staff at the beginning of every school day. This is free for all pupils.

## **Snacks**

Toast continues to be available for children who do not have a morning snack. We actively encourage choice of healthy snacks. Pupils are actively encouraged not to eat their snacks before school and to eat a reasonable sized portion when bringing larger snacks. This is discussed with parents/carers as required.

## **Lunches**

Our school lunches are provided by our onsite kitchen and are compliant with all national regulations. They operate a 3-week rotation and you can access the menu via this link: <https://www.east-ayrshire.gov.uk/EducationAndLearning/Schools-Catering/menus/primary-school-menus.aspx>

Lunches are free of charge for all pupils from P1-P7, provided by East Ayrshire Council. This ensures all pupils have access to a 2-course lunch every day. Pupils are encouraged to eat a suitable portion of food and to try new foods offered on the menu. A cashless catering system, Parent Pay is in place as required.

We consult with our parents and Catering Services if a child has a medically prescribed diet. We follow East Ayrshire Standard Circular 026 - Food Allergies and Intolerance.

Getting it Right for Every Child is at the heart of our practice therefore lunchtime is flexible around the child's needs. Children who required support whilst eating are given adequate provision to ensure that they eat their lunch provided.

Our pupils have created a 'Dinner Hall and Snack Bar Charter' in conjunction with the Rights Respecting Squad to ensure our lunch environment is safe, mannerly and a positive ethos. Primary 6 and 7 pupils have the option to sit in the snack bar if they wish. This is a personal choice.

## **Packed Lunches**

We promote healthy food choices with packed lunches provided from home. If a child does not have sufficient food in their packed lunch, they are encouraged to choose a meal from the menu. Children are encouraged to take home uneaten items home to enable parents/carers to monitor their food intake at school.

## **Drinks**

All children are invited to bring in a water bottle each day which is filled with water or diluting juice. We have some cups available for children who may have forgotten their water bottle to ensure that each child is well hydrated. We do not allow energy or fizzy

drinks in school under any circumstances. Milk and water are on offer for all children in the dinner hall at lunchtimes.

### **School Trips**

Children who are entitled to Free School Meals are given a packed lunch from Catering Services which consists of sandwich, fruit, milk/water, yoghurt. Children bringing their own packed lunch are expected to bring a similar nutritional standard of lunch as they would during a typical school day. Children who attend residential trips have all their dietary requirements discussed before attending. Any medically prescribed diets are planned well in advance of any residential trip or outing.

### **Social, Cultural and Recreational Events**

At social, cultural or recreational events we endeavour to reflect the whole school health promoting ethos by encouraging and promoting healthier food and drink choices. Our Parent Council work effectively with us to ensure that we have a balance of events throughout the year. There are a few events which we deem exempt, for example discos, Christmas parties, ice cream at Sports Day which can potentially significantly increase the amount of sugar, fat and salt consumed by our children. We also make sure we take a coordinated approach to managing their frequency across the school year to deliver a balanced approach. If food is sold as part of fund raising or a gift is given by our Parent Council, for example advent calendar or easter egg, an alternative is provided to ensure every pupil receives the gift that they can safely eat.

### **Food Waste**

We monitor food waste, and our children are encouraged to place food waste in the appropriate bins around the school grounds. Our Climate Champions actively promote this and discuss as part of their pupil leadership times.

### **Rewards and Celebrations**

Due to our Nut-free School policy, we do not give food as a reward or encourage children's birthday cakes to be shared at school. If a cake is brought to school by children, the ingredients are checked for allergens and the cake is sent home with pupils to check with their parents/carers prior to eating. Pupils do not eat it within school. Children are encouraged to not share snacks/lunch items.

### **Learning & Teaching**

Food and drink are interwoven through a variety of learning experiences from formal baking sessions to food preparation to celebrate religious festivals and customs. Our curriculum overviews for each stage enables our team to plan experiences which provide breadth, depth, coherence, personalisation, choice, relevance and progression. Our IDL approach enables learners to be highly engaged in learning about food and drink, is child centred where children have a voice in the planning of their context.