

Food Allergens, Natasha's Law, and Catering for All Pupils

Our Commitment to Safe and Inclusive Catering

Yarrow Heights School aims to provide a dining environment that is safe, supportive, and inclusive for every pupil. This includes meeting legal requirements around food labelling, supporting pupils with allergies or medical needs, and offering meal options suitable for a wide range of eating preferences.

Natasha's Law

Natasha's Law (October 2021) requires that all *Pre-Packed for Direct Sale* (PPDS) food includes:

- **A full ingredients list**
- **Highlighted allergens** from the list of 14 major allergens

This ensures pupils and families have clear and accurate information about the ingredients in any food prepared and packaged on site.

Food Allergens

We take allergy management seriously and follow strict guidelines to keep pupils safe.
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The 14 Major Allergens

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| 1. Celery | 8. Molluscs |
| 2. Cereals containing gluten | 9. Mustard |
| 3. Crustaceans | 10. Peanuts |
| 4. Eggs | 11. Sesame seeds |
| 5. Fish | 12. Soybeans |
| 6. Lupin | 13. Sulphur dioxide/sulphites |
| 7. Milk | 14. Tree nuts |

How We Support Pupils with Allergies

- PPDS (Pre-Packed for Direct Sale) food is clearly labelled with full ingredients and highlighted allergens.
- Our catering team is trained in identifying and managing allergens.
- Ingredient information is available for all menu items.
- Individual care plans can be created for pupils with diagnosed allergies or food intolerances.

- Parents/carers are encouraged to inform the school of any allergy as early as possible.

Supporting Pupils with Eating Disorders

We recognise that some pupils may be affected by eating disorders or may have difficulties around food. Our approach aims to be understanding, discreet, and supportive.

Our Support Includes:

- Working with families and relevant pastoral or medical staff when concerns arise.
- Providing consistent meal options to help reduce anxiety around food choice.
- Allowing pupils additional time, space, or quiet seating if needed.
- Ensuring staff are aware of how to support pupils sensitively and respectfully.

We encourage parents/carers to contact the school if their child has diagnosed eating concerns, or if they feel additional support is needed.

Catering for Different Eating Preferences

We understand that pupils can have a wide range of eating habits, preferences, and comfort levels with food. To support this, we aim to offer:

- **Plain versions of the main meal** where possible (e.g., simple pasta, unseasoned chicken, plain rice).
- **Vegetarian and vegan options** daily.
- **Comfort choices** for pupils who prefer simple or familiar foods.
- **Alternative options** for pupils who avoid certain textures or ingredients.

Our goal is to ensure all pupils can find something they feel comfortable eating while still having access to balanced, nutritious meals.

Get in Touch

If you have any questions about allergens, menu choices, or support for pupils with specific needs, please contact the school office or our Family Liaison Team.