



Food & Nutrition Policy

Background

This policy has been written with reference to the documents:

Statutory Framework for the Early Years Foundation Stage Published: 8 December 2023, Effective: 4 January 2024.

Policy Date: March 2026

Review Date: March 2027 or sooner in relation to release to updated guidance

Approved by: Headteacher – Miss Cook

Policy Owner: Newdale Primary and Nursery

References:

- EYFS Statutory Framework (2021, updated 2025) – Sections 1 & 3: Learning and Development, Safeguarding and Welfare, Health and Nutrition.
- DfE Early Years Foundation Stage Nutrition Guidance (2025) – Healthy eating and oral health.

1. Policy Statement

This setting is committed to providing safe, nutritious, and culturally inclusive food that supports children's growth, development, oral health, and lifelong healthy eating habits. All food and drink provision aligns with:

- EYFS welfare requirements (paras 3.62–3.72 – healthy food, safer eating, allergies, hydration, oral health).
- Learning and development goals promoting independence, social skills, and understanding of food and sustainability (EYFS paras 1.16–1.19).
- DfE Nutrition Guidance (2025).

2. Policy Development

This policy has been developed in consultation with:

- Parents/carers – for dietary preferences, allergies, cultural considerations, and oral health guidance (EYFS para 3.18).
- Children – their food choices, preferences, and experiences inform planning, supporting personal, social, emotional, and physical development (EYFS 1.3).
- Staff – all contribute to development and implementation, ensuring alignment with EYFS welfare and nutrition guidance.

3. Food and Drink Provision

3.1 Meals and Snacks

- Balanced, age-appropriate meals/snacks at regular intervals (EYFS para 3.62).
- Menus are nutritious, culturally inclusive, and promote oral health by limiting sugar.
- Sweets, chocolate, and high-sugar snacks are not permitted from home.

3.2 Drinks

- Fresh water is always available; milk offered at snack times (EYFS para 3.62).

3.3 Baby Feeding

- Breastfeeding, formula, and weaning follow EYFS and NHS guidance (paras 3.63–3.65).
- Staff follow safer feeding practices, hygiene, and storage requirements.

3.4 Provision for SEND Children

- Dietary, sensory, and feeding needs fully considered, including oral health and texture needs.
- Individual plans followed in consultation with parents and health professionals (EYFS para 3.67).

4. Mealtime Environment

- Calm, social, and supervised mealtimes supporting physical, social, and oral health development (EYFS paras 3.65–3.66).
- Children encouraged to self-regulate intake and develop independence in eating (EYFS para 1.19).

5. Child Involvement and Learning

- Children participate in food preparation, serving, and clearing, supporting fine motor skills, understanding of nutrition, and oral health.
- Learning includes healthy food choices, sustainability, and food origins (EYFS 1.16–1.19).

6. Celebrations, Special Occasions, and Food from Home

- Celebrations respect healthy eating and oral health guidance.
- Parents must not bring sweets, chocolate, or high-sugar treats.
- Alternatives such as stickers, bubbles, pencils, or small toys are encouraged.
- Guidance ensures food brought from home meets allergy, cultural, nutritional, and oral health standards (EYFS para 3.62–3.63).
- Staff communicate with parents to maintain consistency with the setting's healthy eating and dental health approach.

7. Wrap-around Care (Breakfast & After School Clubs)

- Wrap-around care follows same healthy eating, nutrition, and oral health standards (EYFS 3.62–3.72).
- Children participate in preparation, serving, and cleaning up, promoting independence.

8. Food Brought from Home & Lunchbox Checks

- Guidance ensures packed lunches and snacks are safe, fresh, nutritionally appropriate, and supporting oral health.
- Daily lunchbox checks are conducted by staff to ensure:
 - Food meets nutritional and portion guidance.
 - No sweets, chocolate, or high-sugar drinks are included.
 - Allergens are identified and safely managed.
 - Oral health-friendly options are provided wherever possible.
- Staff provide gentle reminders and guidance to parents if items do not meet the policy, maintaining a positive partnership approach (EYFS para 3.18 – partnership with parents).

9. Commercial Baby Food and Drinks

- Homemade foods are encouraged; commercial baby foods are used only when necessary, following EYFS nutrition and safer feeding guidance.

10. Management of Allergies, Dietary Needs, and Oral Health

- Staff trained in allergy management, safer feeding, and oral health (EYFS para 3.63).
- Allergens clearly labelled and separated.
- Oral health and dietary needs communicated and documented with parents.

11. Food Safety and Hygiene

- Preparation, storage, and serving comply with statutory food safety regulations and EYFS hygiene guidance.
- Staff maintain Level 2 Food Hygiene qualifications and regular refresher training.

12. Sustainability

- Seasonal and locally sourced ingredients used where possible.
- Food waste minimised; children learn about sustainability, nutrition, and oral health (EYFS para 1.16).

13. Staff Training and Development

- Regular training on nutrition, oral health, dietary needs, and hygiene.
- Staff updated promptly on guidance changes (EYFS para 3.63).

14. Responsibility and Monitoring

- Designated staff oversee all mealtimes/snacks to ensure nutrition, safety, allergies, oral health, and lunchbox compliance.
- Daily records kept for portion sizes, allergens, sugar intake, lunchbox checks, and individual plans (EYFS para 3.65).
- Policy reviewed annually or as needed.

15. Policy Review

- Reviewed annually or sooner if EYFS guidance or best practice changes.

- Updates communicated to staff, parents, and carers to maintain consistency with EYFS statutory requirements.

Appendix A – Parent Guidance: Healthy Celebrations & Snacks

Do:

- Fresh fruit, vegetables, or yogurt cups
- Stickers, bubbles, pencils, small toys
- Healthy packed lunches following guidance

Don't:

- Sweets, chocolate, lollipops, fizzy drinks
- High-sugar cakes or treats

Tip: Encourage children to brush teeth after snack times at home to support oral health.

Appendix B – Compliance & Monitoring Checklist

Requirement	Policy Section	Evidence / Monitoring
Packed lunch compliance checks	8	Daily lunchbox inspection records
Healthy, balanced meals	3.1	Menu planning, inspection records
Oral health promotion	3.1, 6, 8	Staff training, parent guidance
Allergy management	8, 10	Individual care plans, daily checks
Food hygiene	11	Staff training certificates, temperature logs
Inclusion of SEND children	3.4	Individual plans, activity records
Safe and supervised mealtimes	4, 7	Observation logs
No high-sugar treats	6, 8	Parent communication records, lunchbox checks