EYFS Food and Nutrition Policy

Seedlings nursery

Leigh Academy
Langley Park

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EYFS Food and Nutrition Policy

Effective from September 2025

Policy Statement

We are committed to providing all children with healthy, balanced, and nutritious meals, snacks, and drinks, in line with the statutory Early Years Foundation Stage (EYFS) framework. Our approach is informed by the Department for Education's 2025 EYFS Nutrition Guidance.

Aims

- Promote lifelong healthy eating habits by offering a variety of nutritious foods.
- Ensure all food and drink provided meets the dietary needs of each child, including those with allergies, intolerances, or cultural and religious requirements.
- Support children's physical development and oral health through appropriate food choices and education.
- Implement safer eating practices to minimize risks associated with choking and allergic reactions.

Nutritional Standards

- Meals and snacks will be planned to include a balance of the four main food groups: fruits and vegetables; starchy foods; protein sources; and dairy or alternatives.

- A variety of vegetables and fruits will be available during meal and/or snack times to ensure children access different nutrients.

- Portion sizes will be appropriate to the age and developmental stage of each child.

- Foods high in fat, salt, and sugar will be limited, and processed foods will be minimized.

- Drinking water will be available and accessible to children at all times.

- Milk or suitable unsweetened plant-based milk alternatives will be available for pupils.

Menu Planning and Food Preparation

- Menus will be planned in advance by Cucina, rotated regularly, and displayed for parents and carers via their My Child At School Account. These are shared daily with the children using visual cues at the start of each day.

- We will incorporate seasonal and locally sourced ingredients where possible.

- All food will be prepared safely, following food hygiene standards, and served in a manner appropriate to the child's age and ability to reduce choking risks.

- When serving sausages, these will be cut lengthwise and then in half again to reduce choking risks.

- Grapes will also be cut lengthways to further reduce choking risks. This information will be shared with parents at the start of each academic year during home visits.

Managing Allergies and Special Dietary Requirements

- Prior to admission, we will obtain detailed information about each child's dietary needs, including allergies, intolerances, and cultural or religious food requirements. These will also be discussed at home visits.

- Individual Health Care Plans will be developed in collaboration with parents/carers and health professionals as needed by either the Nursery Teacher/Nursery SENCo or the academy SENCO.

- All staff involved in food preparation and serving will be informed of and trained to accommodate these needs.

- Where appropriate children with allergies will wear a lanyard during meal times to highlight their requirement to all staff.

Safer Eating Practices

- At least one staff member with a valid paediatric first aid certificate will be present during all meal and snack times across the EYFS phase.

- Children will be seated safely during meals, and staff will supervise to prevent food sharing and monitor for signs of choking or allergic reactions.

- Any choking incidents will be documented on Brom Com, and parents/carers will be informed.

- WIthin the academy we work hard to develop a mealtime environment, ensuring that it is pleasant and supports social eating habits.

Oral Health Promotion

- We will educate children on the importance of oral hygiene and the effects of sugary foods and drinks through our carefully planned PYP curriculum, EYFS healthy living workshops and in the moment interactions between adults and children during the school day.

- Activities will include discussions and resources about healthy eating and dental care. Thus, supporting children and their family in fostering good oral health from a young age to improve future life outcomes.

Working with Parents and Carers

- We will engage with parents/carers to share information about our food and nutrition practices via our google classrooms, PYP play and stay sessions, parent meetings and newsletters.

- Feedback on children's eating habits and preferences will be communicated regularly during handover at the start and end of each day as well as during parents meetings.

- Parents/carers will be encouraged to support healthy eating practices at home.

- Our Food and Nutrition policy is shared with EYFS parents via our google classrooms.

- For special events such as birthdays families are encouraged to meet the academy's food guidelines. We would recommend fruit platters to share or non-edible options to celebrate with such as bubbles or

stickers. Sweets will no longer be allowed to be handed out in the classroom as part of our commitment to healthy lifestyles.

Food Brought from Home

- We will provide guidance to parents/carers on healthy packed lunches and snacks in our EYFS policy and transition events for both our nursery and Reception classes.

- Allergen information will be required for any food brought from home.

- Foods that pose choking risks or do not meet our nutritional standards may be discouraged.

Monitoring and Review

- This policy will be reviewed annually or in response to changes in legislation or guidance.

- Staff will receive ongoing training to stay informed about best practices in food safety and nutrition.

By following this policy, we aim to provide a safe and healthy environment that supports the nutritional needs and well-being of all the young children in our care.