



# Early Years Food Policy

<b>Policy title:</b>	<b>Early Years Food Policy</b>
<b>Approved by:</b>	<b>FGB</b>
<b>Date approved:</b>	<b>December 2025</b>
<b>To be reviewed annually and any changes detailed.</b>	

## Policy review

Date of review	When / who carried out the review	Details of changes	Next steps

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## Statement of intent

At Ashworth Nursery School, we understand that the early years are a crucial time in a child's development and are aware that what children eat and drink and the habits they develop during this phase can impact their future health.

We value the importance of the EYFS in providing children with a nutritious, balanced diet that will encourage them to make healthy, informed choices. We work collaboratively with parents to promote healthy eating, identify health issues and highlight the risks of unhealthy eating practices.

We believe that food can be used in a variety of educational ways. Children are encouraged to celebrate holidays, religious festivals, special events and the various foods associated with these events and are encouraged to experiment with unfamiliar foods.

We meet all statutory food safety and nutrition requirements for educational settings in England' and aims to maintain these standards across all food provided.

### Legal framework

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

- Public Health England (2024) 'Example menus for early years settings in England'
- DfE (2023) 'School food in England'
- DfE (2024) 'Statutory framework for the early years foundation stage'
- Food Safety Act 1990
- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (also known as Natasha's Law)
- DfE (2025) 'Early Years Foundation Stage nutrition guidance'

This policy operates in conjunction with the following school policies:

- SEND / Inclusion Policy
- Health and Safety Policy
- Complaints Procedures Policy
- Early Years Policy
- Early Years Lunch Box Policy

## 1. Roles and responsibilities

The governing board is responsible for:

- The overall implementation of this policy.
- Ensuring that this policy does not discriminate on any grounds, including, but not limited to, ethnicity/national origin, culture or religion.
- Handling complaints regarding this policy, as outlined in the setting's Complaints Procedures Policy.
- Ensuring the setting uses reliable suppliers for the food purchased.
- Informing parents who provide food for their children about the storage facilities available in the setting.

The Headteacher, in conjunction with the nursery teacher, is responsible for:

- The day-to-day implementation and management of this policy.
- Reviewing menus and mealtimes to ensure children's needs are being met.
- Ensuring equipment is suitable for its use and providing separate facilities for handwashing and for washing up in the kitchen area.
- Ensuring all staff members are trained in basic food safety and hygiene.
- Ensuring parents are given adequate notice of any changes to snacks, food choices or any other aspect of food provision.

Early Years staff are responsible for:

- Sitting with children while they eat, where required, and being advocates of healthy eating.
- Discouraging children from sharing or swapping their food in order to protect those with food allergies.
- Treating all children equally, taking account of the eating practices in their cultures.

Parents are responsible for:

- Providing the setting with information on their child's dietary requirements, preferences and food allergies.
- Providing specialist food for their child, where they may have an allergy, intolerance or medical need.

## 2. Food and drink served

No meals are prepared at Nursery. All 30 hour children bring a packed lunch from home. Food that is provided consists of snack and food that is baked / made as part of our curriculum.

Foods that are high in fat, salt and sugar will be limited in line with the government regulations for the age group of the children concerned.

Portion sizes will be based upon the recommended intake for the age group of the children concerned.

The snack menu will reflect the diversity of the community, with a variety of flavours and textures.

Fridges and store cupboards will be cleaned regularly to ensure they are clean. Food stored in the fridge will be kept at 5°C or lower and, where necessary, reheated until piping hot throughout. Food will be stored in sealed plastic containers, and tin cans will never be stored in the fridge.

Fresh drinking water will be available and accessible at all times and children will be encouraged to drink regularly.

Milk will be served with the morning and afternoon snack.

Milk or water will be the only drinks offered to children by the setting.

Staff will not consume carbonated drinks in the presence of children.

### 3. Nutrition

We understand that the early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health. Staff will ensure that food items prepared and consumed on the premises comply with statutory guidelines and are healthy, balanced and nutritious.

Staff will encourage children to eat a balanced diet which contains a wide variety of foods.

In doing so the setting will follow the DfE's advice regarding:

- The food and drink that should be provided, limited or avoided.
- Portion sizes

### 4. Eating environment

The eating environment will be comfortable and relaxed. Children will be given plenty of time to feed themselves and hold feeding utensils.

Children will be provided with utensils that are appropriate for their age and stage of development.

Staff will sit with children while they eat and encourage interaction at each table. Children will be observed to ensure they are drinking and eating enough, and staff will be aware of the behaviour that may suggest a child is thirsty or hungry.

Children will be encouraged to develop good eating skills and table manners.

Meals times will be used to help children develop independence, through making choices, serving food and drink, and feeding themselves.

### 5. Celebrations and special occasions

Whilst the setting will welcome gestures to celebrate children's birthdays or special events, it will request that parents avoid allowing their child to bring in food items such as sweets and cakes to share with their peers.

Parents will be advised to ensure any food brought in from home to celebrate a special event is balanced and meets the setting's food guidelines. Alternatively, children will be permitted to bring in non-edible options to celebrate.

Any food shared in the setting during special occasions will be checked for potential allergens.

The setting will, instead, celebrate with activities such as the following:

- Craft activities
- Songs and stories
- Dressing up
- Decorating rooms
- Playing special games
- Encouraging children to find out about a wide range of events from a variety of cultures

## 6. Allergies and special requirements

We understand that food allergies can be life threatening conditions for some children and we ensure they are taken very seriously.

As part of the setting's ongoing CPD for early years practitioners, staff will be trained to understand:

- The common allergens in food.
- The symptoms of an allergic reaction and the steps to take should anaphylaxis or anaphylactic shock occur.

Parents will be expected to make the setting aware of any allergies or intolerances their child has and the actions that need to be taken if a reaction occurs.

We have an established system which is accessible to all staff to ensure everyone is aware of a child's allergies and symptoms.

Where it is suspected that a child has an allergy, we will encourage the child's parents to seek advice and diagnosis from their doctor.

We will ensure children with allergies are not exposed to foods that trigger allergies. Appropriate alternatives will be identified to ensure the child still eats a balanced diet.

All staff will be instructed, where necessary, to ensure they understand how to identify which allergens are present in every snack provided.

All food that is pre-packed for direct sale (PPDS) will have the name of the food and the full ingredients list, with allergens emphasised, e.g. in bold, italics or a different colour, clearly displayed.

Learning activities which involve the use of food will be planned in accordance with children's' individual healthcare plans (IHPs), taking into account any known allergies of the children involved.

Children will be discouraged from sharing or swapping their food with other children.

Appropriate provision will be made for parental preferences, including cultural and religious food sensitivities, e.g. providing halal and kosher food as appropriate.

## 7. Food brought in from home

Food that is brought into the setting from home will be expected to comply with this policy and the Early Years Lunch Box Policy.

Food and drink will be appropriately labelled with the child's details, safely stored until needed and heated properly, if necessary.

Any food that is not consumed during the day will be sent home with the child.

## 8. Eating habits

All children will be supported to manage their own personal needs as far as possible, including understanding the importance of healthy food choices.

At mealtimes, fussy eaters will be seated with children that are more adventurous with their food to encourage the adoption of different food preferences.

Favourite foods will not be used as a reward to encourage children to eat foods they do not like.

The setting is aware that some children will have allergies or different dietary requirements; this will be taken into account when encouraging children to try new foods.

Before a child is admitted, the setting will obtain information about any special dietary requirements, preferences and food allergies – this information will be recorded and acted upon as appropriate.

Children will never be forced to finish everything on their plate. Small servings will be given, with the opportunity to have second helpings if the first serving is finished.

## 9. Food safety and hygiene

Food will be stored, prepared and presented in a safe and hygienic environment which is adequately equipped to provide healthy snacks and drinks for children.

Children will be taught basic hygiene, such as not eating food that has fallen on the floor and washing their hands before eating and after using the toilet.

All staff will receive training in food hygiene before preparing or handling food.

All staff involved in preparing food for young children, or helping them eat, will be aware of the requirements of the Food Safety Act 1990.

## 10. Communication

Staff will work alongside parents to ensure that children are provided with healthy, balanced and nutritious food in the setting and at home.

Each child's key person will be responsible for communicating with parents about the setting's approach to food provision and children's food intake during the session / day.

Parents will be provided with information on the routine snacks that their children are given.

Parents will be given a copy of this policy when their children start to attend the setting and will be consulted when the policy is updated.

The snack menus will be on display for all parents to see in the outdoor notice board and on social media at regular intervals.

We will agree with parents on the methods used to manage fussy eating, ensuring they are consistent with those used at home.

Parents will be encouraged to attend events to celebrate special and cultural occasions.

## 11. Meeting the needs of all children

Wherever possible, the setting will endeavour to cater for the cultural and dietary needs of all children in its care.

The setting is aware that children with special dietary requirements may need specific foods excluded or included; however, it will not exclude foods from a child's diet without a valid reason as this may lead to unnecessary restrictions in their diet. In meeting the needs of all children, the setting will take into account the following dietary requirements:

- Food allergies
- Food intolerances
- Vegetarianism
- Veganism or eating a plant-based diet
- Pescetarianism
- Religious preferences, for example:
  - Only eating halal foods.
  - Avoiding pork or beef.
  - Keeping kosher.
  - Eating specific foods only on certain days.

We will create a safe and inclusive environment for all children to eat, and children with special dietary requirements will be included in snack times / lunch time with other children as far as possible.

A child will only need to eat their food separately to other children where a risk assessment concludes that a significant risk remains despite adequate training and supervision of meals and snacks times.

Staff will have ongoing discussions with parents about their child's dietary needs and encourage parents to assist the setting by sharing guidance from healthcare professionals.

## 12. Monitoring and review

This policy will be reviewed annually by the headteacher

Any changes to this policy will be communicated by the headteacher to all staff members. Parents of children who attend the early years setting will receive a letter detailing any changes to the policy.