

<u>Responsible Body</u>	<u>Title of Policy</u>	
<u>Governing Body of Flyford Flavell Primary School</u>	<u>EYFS Food and Nutrition Policy</u>	

Last reviewed on: 30th September 2025

Next Review Date: 30th September 2028

Signature(Chair of Governors)

Print Name.....

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Prepared by	H Bown
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1. Introduction

At Flyford Flavell Primary School we are committed to promoting the health and wellbeing of all our children through a whole-setting approach to food and nutrition. We understand the importance of developing healthy eating habits from an early age and ensure all food and drink provided supports the health, growth, and development of young children.

2. Aims

- To offer balanced, varied, and nutritious food that supports children's growth and development.
- To encourage positive attitudes towards healthy eating and mealtimes as opportunities for learning and social interaction.
- To ensure equitable access to safe, healthy food, considering children's individual needs, preferences, cultural backgrounds, and allergies.
- To foster sustainable practices in food sourcing and waste reduction.

3. Approach to Food and Healthy Eating

- We follow the EYFS Nutrition Guidance 2025, implementing the recommended nutrient-based and food-group standards for meals and snacks.
- Snacks (e.g. fruit, vegetables, plain dairy) complement and do not exceed half of a child's daily energy requirements, per guidance.
- We model, encourage, and celebrate healthy food choices through positive language and mealtime routines.

4. Policy Development

- The policy was developed collaboratively by staff and governors.
- We consulted the EYFS Nutrition Guidance 2025 and relevant public health agencies.
- The policy is reviewed periodically or whenever new guidance emerges. Parents, staff and governors are involved in reviews to ensure ongoing relevance and feasibility.

5. Food and Drink Provision

- We provide nutritious breakfasts (in wrap around care) and snacks ensuring adherence to EYFS standards. Our lunches are provided by our external catering provider.
- All food is prepared to be age appropriate with safe textures to minimise choking risk.

- Water is freely accessible throughout the day, and we encourage children to drink regularly.
- Parents/carers are given the opportunity to give their child access to milk via the 'COOL' milk scheme.
- Parents choosing packed lunches are asked to follow our guidance under "*Food brought in from home*" (see Section 10).

6. Mealtime Environment and Social Aspects of Mealtimes

- Meals are social, relaxed, and enjoyable experiences where staff play a vital role in promoting positive eating behaviours.
- Children are given appropriate pacing and time to eat.
- Mealtimes are used for conversation, developing language, manners, turn-taking, and independence.
- Educational posters, displays, and prompts support understanding of healthy food choices.

7. Celebrations and Special Occasions

- Occasional treats (e.g. birthday cakes) are permitted but managed: portion sizes are modest, and healthier alternatives (fruit platters) are offered.
- Celebratory food maintains nutritional balance and acknowledges cultural diversity.
- Parents are provided with a disclaimer in advance and given the opportunity to request that their child is not given celebration treats.

8. Food Allergies and Dietary Needs

- We maintain current records of all children's allergies, intolerances, and dietary needs (medical, religious, cultural) and communicate these to all relevant staff. We encourage parents/carers keep us informed of any changes.
- Individual care plans (with signed parent/carer consent) are in place for children with allergies.
- Staff are trained in recognising and responding to allergic reactions, including anaphylaxis procedures and where to find emergency medication (e.g., epinephrine auto-injectors).

9. Provision for Cultural and Dietary Preferences

- Meal planning respects and celebrates cultural, religious, and family dietary practices—including vegetarian, vegan, halal, kosher, and other needs—while remaining nutritionally balanced.
- Parents/carers are consulted on dietary preferences.

10. Food Brought in from Home

- Packed lunch guidance is shared with parents, encouraging inclusion of healthy items (e.g. whole-grain sandwiches, fruit, vegetables, protein) and discouraging sugary, salty, or processed snacks as well as guidance on how to prepare foods to avoid choking.
- Sweets, chocolate bars, fizzy drinks are discouraged
- We are a nut-free school, no nut products are permitted to be brought in from home.
- Staff monitor packed lunches and discuss any concerns verbally and positively with parents, offering suggestions for healthier alternatives.

11. Learning About Food

- Nutrition and food topics are built into the curriculum—exploring food origins, food groups, taste, healthy choices, and where food comes from.
- Interactive activities (e.g., role-play shops, food group sorting, storybooks about food) support understanding and vocabulary around food.
- Where appropriate we embed key messages from EYFS Nutrition Guidance 2025 into daily routines (e.g., “five a day,” “drink water,” “try new tastes”).

12. Cooking with Children

- Age-appropriate cooking and food preparation activities are regularly offered (e.g. simple salads, vegetable dips).
- These activities foster curiosity, motor skills, understanding of nutrition, food hygiene, and safety.
- Children learn about portioning, ingredients, tasting, and the importance of washing hands before food handling.

13. Food Safety and Hygiene

- Staff follow robust food safety practices in line with UK food hygiene regulations: handwashing, cleaning, and cross-contamination prevention.
- All staff involved in food preparation or service hold relevant food hygiene certificates.

- Policy and procedures are reviewed periodically and after any food-safety incident.

14. Sustainability

- Food waste is minimised by careful portioning
 - We involve children in discussions about reducing waste, recycling, and caring for the planet (e.g. eating local, seasonal produce).
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Review & Implementation

This policy is implemented by all staff and regularly communicated to parents and carers. It will be reviewed at least annually or sooner if EYFS nutritional guidance is updated or following any significant change (e.g., health concerns, feedback, new regulations)