



EYFS Food and Nutrition Policy

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Abstract: Policy to ensure all children aged 3-5 years receive healthy, balanced, and nutritious meals and snacks that support growth, development, oral health, and lifelong healthy eating habits, in line with the DfE's EYFS Nutrition Guidance (April 17, 2025).

Approved by:	Mrs M Young Chair of Governors	
Approved by:	Mrs J Watson Headteacher	
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Purpose

To ensure all children aged 3-5 years receive healthy, balanced, and nutritious meals and snacks that support growth, development, oral health, and lifelong healthy eating habits, in line with the DfE's EYFS Nutrition Guidance (April 17, 2025).

Scope

This policy applies to:

- Children in the Nursery (3-4 years) and Reception (4-5 years).
- All food and drink provided by the setting.
- Packed lunches brought in from home.
- Those preparing, serving, and supervising children's meals and snacks.

From September 2025, early years providers must have regard to this guidance as part of the safeguarding and welfare requirements in the EYFS.

General nutrition principles

- Balanced Diet: Offer foods from the four key food groups:
 1. Fruit & vegetables
 2. Starchy carbohydrates (preferably wholegrain)
 3. Protein sources (meat, fish, eggs, beans/pulses)
 4. Dairy or unsweetened dairy alternatives
- Limit saturated fat, salt, sugar, processed meats, fried foods, and sugary drinks.
- Portion sizes: Approximate a child's clenched fist.
- Encourage self-regulation—no pressure to finish meals.

Meal and snack routine

- Children will eat only in designated, safe eating areas that are age-appropriate and free from unnecessary distractions.
- Suitable seating will always be provided, and children will remain within sight and sound of a responsible adult throughout mealtimes.
- Staff will be alert to potential choking risks, manage allergies, and promote positive eating behaviours by engaging with children during meals.
- In Nursery, children are offered one main meal and two snacks daily, appropriate to their attendance.
- Lunch menus are provided by The Kids Lunch Company, rotating across 1-4 week cycles to ensure variety in nutrients, flavours, textures, colours, and cultural representation.
- Snack menus are planned fortnightly, reviewed termly and updated at least 2-4 times a year to include seasonal produce.

Menu planning and display

- Fortnightly snack, and the lunch menu provided by The Kids Lunch Company, are displayed for parents/carers and displayed in the lunchroom.
- Key documents, with essential guidance, are printed and displayed in the nursery lunchroom and food preparation areas:
 - [The EYFS Nutrition Guidance](#)
 - [Portion guidelines](#)
 - [Food group posters](#)
 - Choking hazards guidelines [1](#) & [2](#)
 - [Allergy posters](#)
 - “Traffic-light” food labels
- Sign post families to the [NHS Healthy Start](#) scheme

Responsive feeding and weaning

- While the children in our setting are aged 3 and above, these principles are acknowledged and applied to ensure safe and healthy feeding practices.
- For babies and younger children, the setting follows **responsive feeding practices**, recognising individual cues for hunger and fullness.
- Staff will never overfeed, force, or pressure a child to finish a feed or meal.
- The safe introduction of solid foods is supported in partnership with parents and carers, usually from around six months. Readiness will not be assumed based on age alone, and staff will work closely with families to track each child’s progress.

Food safety, hygiene and allergies

- Robust procedures are in place for managing food allergies, intolerances, and dietary requirements linked to medical, cultural, or religious needs.
- All meals and snacks are prepared following statutory hygiene protocols.
- Adults supervising meals are trained in choking prevention; foods are prepared in safe sizes.
- Staff receive training to recognise and respond to allergic reactions, and all allergy information is clearly communicated across the team.
- We work with parents, carers, and health professionals to develop allergy action plans.
- All special diets (medical, cultural, religious) are accommodated with safe substitutions.
- Cross-contamination is prevented through separate utensils, surfaces, and storage.
- Feedback is welcomed around cultural preferences and dietary requirements.
- Parents are consulted regularly to ensure dietary needs are up to date and consistently applied.

Packed lunches from home

- Parents are encouraged to follow healthy packed lunch guidance. No sugary drinks, confectionery, or high-salt/fat items.
- Packed lunches are checked for allergens and stored safely.

Positive mealtime environment

- Children are encouraged to eat together in a calm and social setting.
- Staff role-model healthy eating and avoid using food as a reward/punishment.
- Children are supported to:
 - Serve themselves where appropriate.
 - Use utensils independently.
 - Communicate hunger/fullness cues.

Celebrations and events

- Birthdays and festivals may include non-food treats (e.g., stickers, bubbles).
- If treats are food-based, they must fit within our healthy eating guidelines and be nut-free.

Monitoring and review

- Staff training on EYFS Nutritional Guidance is ongoing.
- Menu reviews and child mealtime observations are completed each term by members of SLT.
- Any choking incident requiring adult intervention (e.g., a back pat, clearing the airway, or checking a child's mouth) will be:
 - recorded in detail, including where and how the incident occurred,
 - reviewed by staff to identify any patterns or causes,
 - and communicated to parents/carers promptly.
- These records will be monitored as part of our safeguarding and health and safety procedures, ensuring that learning from incidents informs future practice.
- This policy is reviewed annually or earlier if DfE guidance updates.