Early Years Nutrition & Food policy

Date:	January 2026	**Review Date:**	January 2028

1. Purpose

We are committed to providing healthy, balanced, and age-appropriate meals and snacks that support children's growth, development, and wellbeing. This policy ensures our approach meets EYFS nutrition guidance and respects individual needs.

2. Aims

- Offer a variety of fresh, nutritious foods daily.
- Encourage positive attitudes towards healthy eating by involving children in preparation/cooking snacks.
- Cater for cultural, religious, and medical dietary requirements.
- Promote good hydration and limit foods high in sugar, salt, and saturated fat.

3. Meals & Snacks

- **Snacks**: Balanced snacks with fruit and/or vegetables, protein and/or wholegrains.
- **Optional Hot Lunch**: Balanced meals with vegetables, protein and wholegrains.
- **Drinks**: Water available at all times; milk or milk alternative offered at snack time.
- **While eating, children are closely supervised by staff.**

4. Food brought in from home

- Families may wish to provide food from home, and some children may need to bring their own meals and snacks for medical or cultural reasons.
- Parents should provide healthy, balanced and nutritious food to children and encourage healthier food choices for packed lunches.
- It is important to ensure that food provided from home aligns with the healthy options offered by the setting, so that children receive consistent messages about nutrition.
- Parents should ensure food is prepared safely to avoid choking.
- Please see parents' information board for further information on nutrition and food safety.

5. Special Dietary Needs

- Parents/carers must inform us of allergies, intolerances, or dietary restrictions.
- All staff are trained to manage and monitor special diets safely.

6. Food Safety & Hygiene

- All food is prepared in line with food hygiene regulations.
- Staff handling food hold relevant food safety training.
- All staff have paediatric first aid training.

7. Celebrations & Special Events

- We encourage healthy celebration options (e.g. fruit, vegetable dips).
- Non-food treats (stickers, bubbles) are preferred for birthdays.

8. Role Modelling & Education

- Staff model healthy eating habits.
- Children are encouraged to try new foods in a positive, pressure-free way.

9. Review

This policy will be reviewed bi-annually or sooner if guidance changes.