



Food and Nutrition EYFS Policy

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Signed by:

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Headteacher

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Chair of governors Date:

Food and Nutrition Policy

Introduction

At Quinton Primary School and Nursery, we are committed to supporting children's health, development, and well-being through the provision of nutritious, balanced, and age-appropriate food. We follow the Statutory Framework for the Early Years Foundation Stage (EYFS) and the updated 2025 Nutrition Guidance for Early Years Providers to ensure the food and drink we provide meets the highest standards.

Providing healthy, balanced and nutritious food ensures that all children:

- Get the right amount of nutrients and energy they need while they are growing rapidly, which is especially important for children who might not have access to healthy food at home. This can help prevent children from becoming overweight or obese.
- Develop positive eating habits early on. Children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

The early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health.

Our Values and Aims:

- Promote lifelong healthy eating habits from an early age.
- Provide meals and snacks that meet children's nutritional, cultural, and dietary needs.
- Comply with statutory guidance on food and drink for children under five.
- Partner with families to support and respect children's individual food requirements.
- Encourage a positive, inclusive, and sociable dining experience.

We provide:

- Healthy, balanced meals and snacks based on the four food groups: starchy carbohydrates, fruit and vegetables, Dairy/Alternatives and protein.
- Age-appropriate portion sizes.
- Water freely available throughout the day, and milk at designated snack

times.

- Menus that rotate every 3 weeks and are reviewed termly.

Our food provision reflects the guidance in 'Example Menus for Early Years Settings' and supports healthy growth and development.

Cutting food safely

We will make sure to cut food to a size that's right for a child's size and age. This helps avoid choking.

Choking can happen with any food, but we will do everything we can to minimise the risks.

When preparing food, we note that it is important to avoid round shapes as these are a choking hazard.

We will cut small fruits lengthways and then halve again (quarters).

These fruits include:

- grapes
- strawberries
- cherry tomatoes.

Paediatric first aid

A qualified paediatric first aider will be present at all times in the room during all snack and meal times.

Supervision when eating

An adult will always supervise children closely when they are eating. Staff will monitor for choking the children as they eat watching for hazards, preventing food sharing and quickly identifying any allergic reactions.

Special Dietary Needs and Allergies

- We maintain a current list of children's allergies, intolerances, and cultural dietary needs.
- Allergen information is displayed and followed in food preparation areas.

- All staff receive training in allergy management and emergency response.
- We work closely with parents and healthcare professionals to develop individual care plans as needed.

Learning and Mealtime Environment

- Mealtimes are a key learning opportunity and are used to teach children about healthy food, hygiene, and manners.
- Children are encouraged to try new foods and take part in preparing simple snacks or meals.
- We support children to serve themselves where appropriate, promoting independence.
- Positive role modelling and discussions about food and health are encouraged.
- Mealtimes are social and inclusive.
- Children in Nursery sit together with staff who model positive eating behaviours.
- Independence is promoted by encouraging children to serve themselves where age-appropriate.

Guidance for children aged 1 to 5 years

A healthy plate

We encourage children to eat a balanced diet containing a wide variety of foods. We plan meals and snacks that include a variety of food and drinks from the 4 main food groups every day. The more children try new foods, the wider the range of nutrients they will get from their meals. We will have children eat together in our setting. This encourages them to try foods that they might not try at home. For example, children who won't touch broccoli at home might happily try some if they see their peers eating it.

Partnership with Parents and Carers

- Menus are shared regularly with families and feedback is welcomed.
- We provide information on healthy lunchbox choices (for children bringing food from home).
- Families are consulted about dietary needs, food preferences, and cultural or religious requirements.
- We signpost parents to external guidance and support where appropriate.

Sustainability

- We aim to reduce food waste and promote recycling in food-related activities.
- Our menus favour seasonal, locally sourced, and sustainably produced ingredients where possible.

Cooking with Children

- Cooking and food preparation activities are part of our curriculum.
- These activities promote fine motor skills, maths, science, and cultural learning.
- Health and safety guidelines are followed at all times.

Celebrations and Special Occasions

- We celebrate in healthy and inclusive ways.
- Families are encouraged to share culturally significant foods that meet our nutrition and allergy guidelines.

Cultural and Dietary Preferences

- We respect and accommodate dietary needs related to religion, culture, and ethical beliefs.
- Parents are consulted to ensure inclusive meal planning.

Monitoring, Evaluation and Review

- This policy is reviewed annually or in response to updated statutory guidance.
- Menus and food practices are reviewed regularly and adapted based on feedback and nutritional standards.

- Compliance is monitored by the leadership team through regular audits.
- All staff are kept informed of any updates to guidance or training requirements.

Key References

- Statutory Framework for the EYFS (2024, effective September 2024)
- Nutrition Guidance for Early Years Providers (DfE, 2025)
- Example Menus for Early Years Settings (Public Health England, 2025)
- Food Standards Agency: Safer Food Better Business
- Eat Better, Start Better (Public Health England / Action for Children)
- Start for Life – NHS



Love your school lunch!

Our PhunkFoodz Healthy Lunch message highlights to children the importance of choosing a healthy, well balanced school lunch; whether that's a hot school meal or a packed lunch brought in from home.



School meals & the School Food Standards

In July 2013 the School Food Plan was published by the Department for Education. As part of that plan a new set of standards for all foods served in schools was launched and became mandatory from January 2015. In September 2014 universal free school meals (UFSM) were introduced to all infant pupils across England.

Evidence has repeatedly shown that school meals are of higher nutritional quality than packed lunches, and universal free school meals do appear to improve primary school educational attainment - so why not give them a try? If your child(ren) hasn't tried it already, or it's been a while since they tried school meals, perhaps it's time to give them a go?



Packed lunches

Many parents opt to send their child(ren) to school with a packed lunch. The first thing to consider is whether or not your school has a packed lunch policy, and these come in all sorts of shapes and sizes, but they are generally put in place for very positive reasons.

For example:

- to promote consistency between packed lunches and foods provided by school
- to make a positive contribution to children's health, or;
- to encourage children to be calmer and on-task during the afternoons.



Further information:

- www.nhs.uk/change4life/recipes/healthier-lunchboxes
- www.phunkfoodz.co.uk/parent/a-healthy-lunch-parents-information/
- <http://whatworks.well.schoolfoodplan.com/articles/category/1/the-food>

www.phunkfoodz.co.uk



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, Pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans
- ✓ Custard



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/ sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit www.phunkfoodz.co.uk/recipes

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