



Wildridings Primary School EYFS Food & Nutrition Policy

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Chair of the Governing Body	Mr Oli Rock

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Next Review	October 2028

1. Aims & Principles

At Wildridings, we are dedicated to supporting children's health and wellbeing through a positive, consistent, and inclusive approach to food and nutrition. We believe that access to a healthy, balanced diet is essential for every child's physical development, emotional wellbeing, and ability to learn and thrive.

Children's early experiences with food have a lasting impact on their attitudes and behaviours. Through encouragement, education, and example, we aim to help children develop a lifelong healthy relationship with food—understanding that it not only nourishes the body but also supports the mind.

Our approach to nutrition is underpinned by the following principles:

- **Inclusion and Equality:** All children have access to nutritious food, regardless of background or dietary needs. We promote a respectful and inclusive food environment.
- **Positive Food Culture:** Mealtimes are seen as valuable social occasions where children can relax, engage with peers, and develop good eating habits in a calm, supportive setting.
- **No Food-Based Discipline:** Food is never used as a reward or punishment. We believe this supports a more mindful and balanced approach to eating.
- **Role Modelling:** Staff act as positive role models by demonstrating healthy food choices and encouraging children to try a variety of nutritious foods.
- **Learning Through Experience:** Children are encouraged to explore food through play, discussion, and participation in mealtime routines to develop lifelong healthy habits.
- **Food in Celebrations and Traditions:** We recognise the cultural and social importance of food in traditions, celebrations, and festivals. We aim to include and respect a variety of food customs, helping children appreciate diversity and the ways food can bring people together in meaningful ways.
- **Promoting Self-Care and Independence:** Mealtimes are opportunities to support children in developing self-care skills, such as healthy ways to consume food, good hygiene, serving food, using cutlery, pouring drinks, and cleaning up. Encouraging independence builds confidence, fine motor skills, and a sense of responsibility around food and personal wellbeing.

2. Meals & Snacks

In both Nursery and Reception children are offered at least one snack during their time in school. Snack times are part of our curriculum time and are used to develop a number of skills including self-regulation, self-care, communication, physical development and mathematical awareness.

In-line with the EYFS Statutory Framework & EYFS Nutrition Guidance 2025 we provide children with a variety of different fruits and vegetables over the course of a week examples include (but are not limited to) bananas, carrots, cucumbers, tomatoes, sugar snap peas, apples, pears, oranges. The range of food on offer reflects seasonal variation, ensuring children experience a variety of fresh, locally sourced produce throughout the year. It is provided by the Government School Fruit and Vegetable Scheme (SFVS). The fruit and vegetables on offer may sometimes be supplemented or changed by school to meet the medical, dietary or other needs of the children but will continue to adhere to the same guidance. Furthermore, in light of this best practice, during the week the children may also be offered toast or wholemeal crackers to provide equal access to all and promote awareness in regards to the 'starchy carbohydrates' food group element.

Snack times in Nursery and Reception reflect the different ages and developmental needs of the children to ensure we are encouraging the children to meet age-related expectations as well as teaching them about healthy eating practices in an age appropriate way.

During Nursery Snack time:

- fruits and vegetables are washed
- fruits and vegetables are cut up alongside the children to meet the requirements of the Food standards agency guidelines on choking e.g. in slices/ batons, not chunks.
- children eat facing an adult

During Reception Snack time:

- fruit and vegetables are washed
- fruit and vegetables are provided whole to allow children to bite off safe, manageable amounts at their own pace and develop appropriate the physical skills for eating
- children eat within eye-line of an adult (at a group table, in a circle on the carpet) where adults can see all children's faces and are able to check for signs of choking

During Breakfast Club

- children will be offered breakfast items that are low in sugar and salt e.g. low sugar cereal
- items from the fruits & vegetables, dairy and starchy carbohydrates food groups in line with the EYFS Nutrition Guidance 2025
- items higher in sugar or salt (e.g. jam or marmite) will be offered in moderation and balanced with healthier options to promote good eating habits

During After School Club

- children bring their own snacks from home (see section below for the requirements)

In all cases children will be:

- encouraged to wash their hands before eating
- sat down to eat snack
- supervised by a trained member of staff who holds a Paediatric First Aid Certificate
- supervised by a member of staff who has knowledge of the child's **known** allergies (as communicated to us by parents)
- only offered water or milk
- encouraged to try new foods and drinks but never pressured to consume them

3. Meals or Snacks Provided from Home

Any snack (e.g. for after school club, alternative snack) or meal (packed lunch) parents are providing we ask that it follows the recommended safety and nutritional requirements detailed in the EYFS Nutrition Guidance 2025 (referenced at the end of this document) and information below:

Safety Guidance:

If food does not meet these, it may either be re-prepared by a staff member or removed. This will be done with reference to our Golden Value of being 'Safe', while offering the child alternative or giving parents a chance to offer an alternative if one is needed for nutrition purposes.

- no nuts or nut products e.g. Nutella, nut containing cereal bars
- common choking hazards are cut appropriately e.g. grapes, cherry tomatoes, cheese cubes, mini sausages.
- popcorn is not included in packed lunches for those under 5.
- no jelly sweets

To ensure the same messages around healthy eating are given between home and school we encourage parents to provide a balanced packed lunch to include:

- Fruit/vegetables
- Starchy food (bread, rice, pasta, potatoes)
- Protein (meat, fish, eggs, beans, pulses)
- Dairy or alternatives (unsweetened yoghurt, cheese slices, milk, fortified alternatives)

More information on the balance of items or examples can be found in the grid at the end of this policy or by references the Eatwell Guide here

https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf

Foods we ask families to avoid:

- Sweets
- chocolate bars
- sugary yoghurts
- fizzy or sweetened drinks
- extra salty or sugary items.

If a child's lunch regularly contains unsuitable items or is not providing them with enough nutrition to support their learning, staff will discuss this privately with parents, never in front of children.

4. Birthdays & Celebrations

Part of teaching children about the world around them is helping them understand the role of food in cultural traditions, celebrations, and special occasions and how we can respect and take part in these, while also still making balanced and healthy food choices. We teach children to appreciate the diversity of foods associated with different families, cultures, and communities which promotes inclusion, respect, and a positive relationship with food.

With this in mind, so that we can celebrate birthdays in fun, inclusive ways we celebrate by singing 'Happy Birthday' and other similar traditions like being able to wear your own clothes on your birthday. It is not expected, but if parents want to provide a small token as a birthday gesture, we ask them to provide non-food based items e.g. a story book for the class book corner, stickers or small pot of bubbles for the children to take home.

Other celebrations or events may include food sharing or cooking e.g. McMillan Cake Sales, Harvest, Eid, Diwali, Christmas but these will be offered alongside teaching around healthy balanced diets and a range of items from more than one food group will be offered, for example, at our cake sale we use low sugar recipes and include fruits or vegetables too.

5. Cooking

Part of developing life-long healthy views on food and nutrition starts with an understanding and excitement around food, its role and where it comes from. This includes learning the skills involved in cooking and preparing healthy balanced diets. For this reason, cooking features in the rhythm of the school year and our curriculum. When taking part in cooking activities with the children we aim to:

- teach children good hygiene and food safety
- promote healthy, balanced diets by ensuring we choose a range of recipes showcasing foods across all food groups within the year
- model and teach children balanced food choices and positive views of foods
- encourage them to try a wide variety of foods and give new things a go, without pressure
- model respect for different familial, cultural or religious food choices

6. Allergies & Special Diets

Parents **must** inform us of all allergies, intolerances, and dietary needs before their child starts with us at school. The following procedures will take place:

- For allergies, an allergy action plan will be completed by the parents and if EpiPens are needed one will be kept in the classroom medical cabinet and one in the main school office. Parents hold the responsibility for checking these are in date and useable.
- All allergy information is shared with staff and displayed in food preparation areas.
- Staff are trained in allergy awareness and emergency procedures (e.g. use of EpiPens) and at least one member of staff with Paediatric First Aid Training will be in the room at all times while children are eating.

- For Reception aged children parents must register their child's allergies with the school meal provider and choose appropriate meals that do not contain these allergens or intolerances. This information is displayed to the lunchtime adults at the point of children being served food (on the digital screens) as well as staff being informed through medical needs posters.
- For those with intolerances or allergies, parents may wish to supply a suitable alternative snack or drink and staff will take all reasonable steps to ensure there is no cross contamination with other items.

We will work together with parents/ carers and other medical professionals to provide support and information during the identification of intolerances or allergies.

7. Safeguarding, Equality & SEND

All children have the right to access safe, appropriate, and nutritious food that respects their individual health needs, cultural backgrounds, and any special educational needs or disabilities (SEND).

- We recognise that some children with SEND may have specific dietary requirements, sensory sensitivities, or food-related challenges. We work in partnership with families and professionals to ensure these needs are met while promoting balanced food choices that support each child's overall health and development.
- We foster a respectful and inclusive mealtime environment. Food-based teasing, comparisons between children's meals or lunchboxes, and any form of judgement are not tolerated.
- At all times staff will model positive attitudes towards food and nutrition, in the child's presence. Our focus is on encouragement, understanding, and support, in line with safeguarding, equality, and EYFS best practice.

8. Monitoring & Review

This policy will be reviewed annually with input from staff and parents and made available to all parents via our school website. We will update it in line with EYFS guidance and public health recommendations.

Together, we will create a positive food culture, supporting children to develop healthy eating habits for life.

9. Appendices & Links

This policy has been created using statutory information and guidance from:

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

https://assets.publishing.service.gov.uk/media/68c024cb8c6d992f23edd79c/Early_years_foundation_stage_statutory_framework_-_for_group_and_school-based_providers.pdf.pdf

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children:

How to stop a child from choking: <https://www.nhs.uk/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)