

EYFS DEPARTMENT

EYFS Food and Drink/Healthy Eating Policy

This Policy applies to the Early Years Department and is published to staff and parents.

Author: S Bullen (EYFS Manager and Junior Deputy Head)

This review: July 2025

Next review date: July 2026

General Welfare Requirement: Safeguarding and Promoting Children's Welfare

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

Introduction

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating.

EYFS Key themes and commitments

| A Unique Child | Positive Relationships | Enabling Environments | Learning and Development |
|---------------------------|--|---|---------------------------------------|
| 1.4 Health and Well-being | 2.1 Respecting Each Other 2.2 Parents as Partners 2.4 Key Person | 3.2 Supporting Every Child 3.4 The Wider Context | 4.4 Areas of Learning and Development |

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their child's dietary needs and preferences, including any allergies. (See the LTS General Health Form.)
- We regularly consult with parents to ensure that our records of their child's dietary needs (including any allergies) are up to date.
- We ensure that all staff and volunteers are fully informed about individual children's dietary needs.
- We ensure a balanced lunch is offered to children with foods from the four main food groups every day. The four main food groups are fruit and vegetables, carbohydrates, dairy or dairy alternatives and proteins.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. Permission is sought from parents to display information about children with food allergies in the dining room so staff are fully aware.

- We take account of religious, cultural or specialist dietary needs in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies.
- Children eat together in our setting at snack time and in the dining room at lunchtime.
- Staff sit with children to eat their lunch so that the mealtime is a social occasion.
- We use meal and snack times to help children to develop independence through making choices. Fresh fruit is freely available.
- All children are reminded to wash their hands before eating snacks or going for lunch.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- For children who drink milk, we provide semi-skimmed pasteurised milk.
- We source local fresh produce wherever possible.
- For those children who have a packed lunch, we encourage parents to provide healthy options. We also encourage healthy snacks for mid morning and mid afternoon.
- We discourage sweets and sweetened drinks.
- We recommend parents provide more healthy 'treats' for birthday celebrations and discourage and sweets. Any birthday cakes should be shop-bought and wrapped with a full ingredients list to allow staff to check for potential allergens.
- We educate the children in our care about healthy eating.

This policy reflects the Early Years Foundation Stage nutrition guidance (May 2025).