



Policy: Early Years Nutrition Policy

Date: January 2026

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Chair of LAB: Laura Clarke

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1. Statement of Intent

1.1 St Edward's CE Primary School understands the importance of providing a healthy and balanced diet.

1.2 Pupils require the right amount of nutrients and energy they need while they are growing rapidly, this is particularly paramount for those children who are not offered the correct balanced diet at home.

1.3 All staff at St Edward's CE Primary School that they teach children the importance of healthy eating and are providing children with the opportunity for positive eating habits. As stated in the EYFS Nutrition guidance "Children's early experiences with food can shape future eating habits".

1.4 The School are committed to providing a nutritious and balanced diet through:

- Having children eating together in the setting to encourage children to try different foods that some children may not have tried before.
- Members of staff supervising children eating at all times.
- Ensuring allergies are catered for and all staff are aware of these allergies - children will have their own care plan in place to outline management of any allergies.
- A healthy and balanced meal will be planned and offered to children at lunch time. Parents will be able to order the meal through 'School Money' and therefore, they are aware of the menu that their child will be served.
- **Water** will be available to children throughout the school day as well as fresh milk.
- **All** staff working with children when they are eating will be paediatric first aid trained.
- **All** staff working with children who serve food will have the relevant Food Safety training in place.
- If food is brought in from home (packed lunch)- parents are to consider healthy packed lunch choices – providing healthy, balanced and nutritious food.

2. Legal Framework

2.1 This policy has due regard to the relevant legislation, including, but not limited to, the following:

- Equality Act 2010
- Safeguarding Vulnerable Groups Act 2006
- Childcare Act 2006
- Education Act 2002
- Education Act 2011
- The Control of Substances Hazardous to Health Regulations 2002 (as amended in 2004)
- Early Years Foundation Stage nutrition guidance 2025
- EYFS Framework 2024

2.2 This policy has due regard to the relevant statutory guidance, including, but not limited to, the following:

- Early Years Foundation Stage nutrition guidance 2025

3. What is nutrition guidance? (Please refer to Appendix 1)

3.1 The guidance states that: “Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious”.

a. Nutrition Guidance includes the following:

- Ensure school meals are a balanced diet covering the 4 main food groups
- Ensure packed lunches brought in from home are healthy
- Allergies are catered for and all children have an allergy plan in place
- Food for religious faith and beliefs and special dietary requirements are catered for
- Schools are to only allow children to drink water or semi-skimmed milk- avoid juice or sugary drinks
- Children should eat a variety of fruit and vegetables- this will be offered each day at snack time.

4. Roles and Responsibilities

4.1 The headteacher is responsible:

- To ensure the school kitchen staff are offering a healthy and balanced menu weekly throughout the term, for Reception aged children
- To ensure water is to be offered to all children throughout the day
- To ensure that all staff working with children with food are paediatric first aid trained
- To ensure all staff who are handling food have 'Food Safety' training.

4.2 All members of staff working with children in EYFS:

- Always ensure food is cut up to a size that is right for the child.
- Ensure parents/ carers are aware of the menu offered to Reception aged children
- Members of staff have a positive relationship with parents and ensure that information is shared with families regarding a child's food intake.
- Monitor the food provided from home mostly aligns with the healthy options offered by our setting.
- Packed lunches are checked to ensure the food is suitable and staff are preventing any choking.
- Packed lunches can be kept at room temperature for 4 hours at a maximum- school cannot take any responsibility for the storage of food as there is no cooling facilities.
- Any food that has been brought in from home such as; a birthday cake for a celebration must be checked of any allergens before serving to a child. Parents should then be told that their child has had something additional to their lunch time meal or fruit snack.

4.3 Parents are responsible for:

- Liaising with the school to communicate their wishes regarding their child's dietary requirements
- Providing a healthy and balanced packed lunch and ensuring food is cut up appropriately.
- Ensuring their child has a water bottle each day.

5. Implementation

Children's packed lunches should include items from the 5 main food groups.

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy e.g., pasta salad, sandwiches, wraps, crackers.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and/or 1 portion of vegetables / salad, or more e.g., carrot/cucumber sticks, cherry tomatoes, a piece of fruit and including dried fruit.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g., yoghurt, fromage frais, milk or cheese, custard or calcium-enriched plant based dairy alternative.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g., egg, tuna, ham, cooked sausages, chicken, beans and pulses etc

Drinks – any drinks provided in lunch boxes **should only** include water or squash. No fizzy drinks.

Please see appendix 1 for a Parent Friendly Food Guide

Nuts

We are a **Nut Aware Environment** therefore we do not allow any products that contain nuts anywhere on our premises and kindly request that parents/guardians/carers refrain from packing nut or nut-based products in their children's lunches. (The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements and is compliant with Natasha's Law).

Specific Items to consider

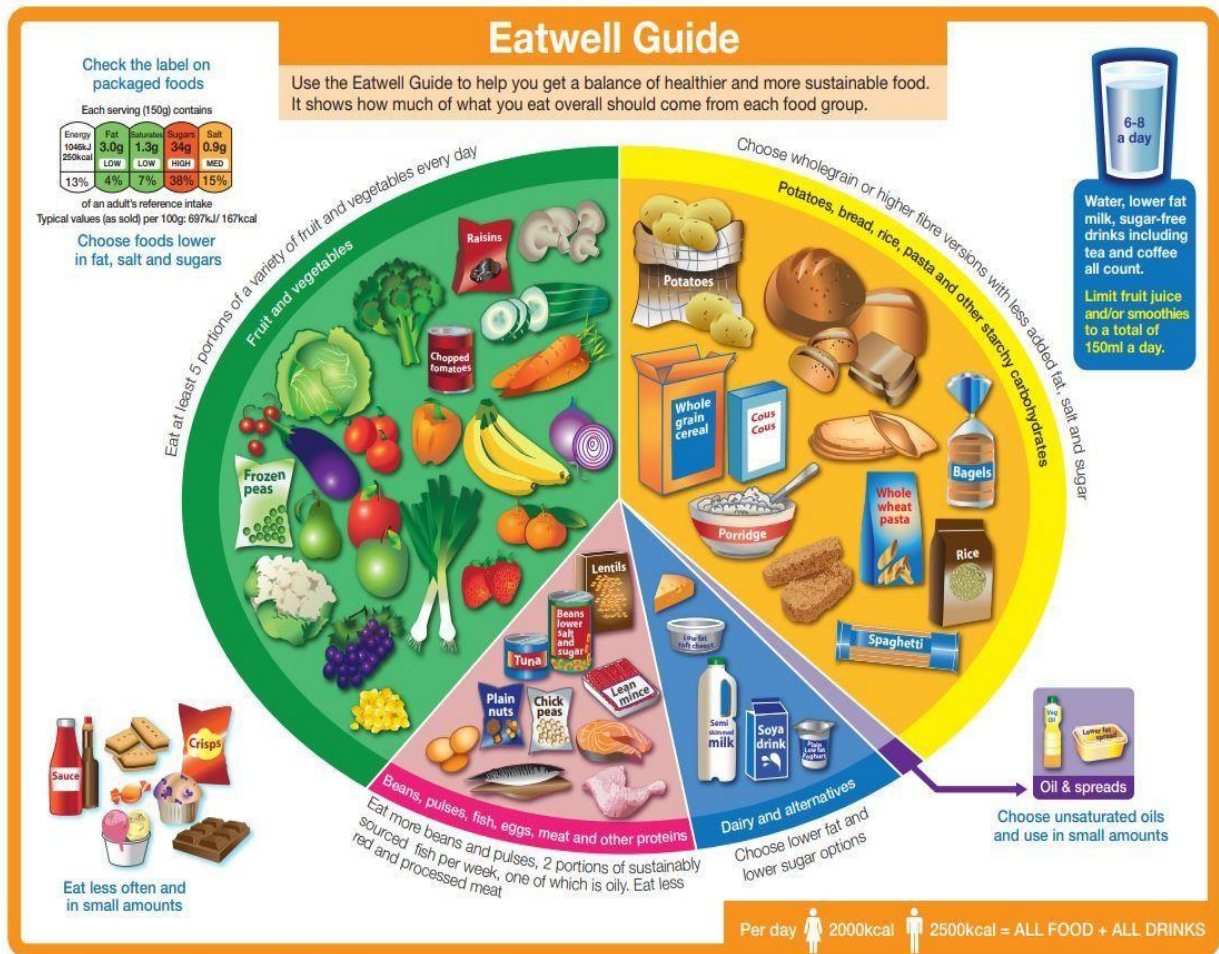
To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following:

- Nuts – We are a Nut Aware Environment. Although nuts can be healthy, some children are allergic to nuts and they can cause a severe reaction even when in other pupil's lunches.
- Fizzy / sugary drinks in cartons, bottles or cans
- Sweets
- Chewing gum
- Energy drinks
- Caffeine drinks

6. Monitoring and Review

6.1 This policy will be reviewed annually by the headteacher and EYFS Lead, who will make any changes necessary and communicate these to all members of staff.

6.2 All members of staff specifically in the EYFS are required to familiarise themselves with this policy as part of their induction programme.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Balanced packed lunch tips: A simple guide to support families



This guide complies with school food standards and offers tips on how to build a balanced packed lunch on a budget.

A packed lunch should contain:

One portion of whole grains & one source of protein:

- Three bean pasta salad
- Jollof rice & a boiled egg
- Lentil dahl and roti
- Roast chicken sandwich
- Cheese quesadilla
- Wholemeal pitta and hummus
- Falafel salad with flatbread
- Vegetable noodles
- Chickpea and potato curry
- Pitta pizzas
- Tuna salad baguette
- Cheese and ham roll ups
- Soup and crackers
- DIY tacos
- Black bean burger
- Cucumber and cream cheese bagel
- Lentil pilaf
- No nut pesto pasta
- Tuna and bean salad
- Roast vegetable sandwich
- Chickpea and vegetable wrap
- Roast vegetable and turkey pasta
- Potato and cauliflower curry
- Cucumber and hummus wraps
- Homemade egg mayo



At least one portion of vegetables & one portion of fruit:

- Bell pepper
- Carrots
- Celery
- Peas
- Edamame
- Broccoli
- Cherry tomatoes
- Kale / sweet potato homemade crisps
- Salad
- Cucumber
- Spinach
- Courgette
- Green beans
- Beetroot
- Radish
- Sugarsnap peas
- Grapes
- Banana
- Orange
- Pineapple
- Cherries
- Mango
- Raspberries
- Strawberries
- Blackberries
- Dried fruit
- Tinned fruit (not in syrup)
- Apple
- Pear
- Papaya
- Apricot
- Melon



One snack:

- Small bag of plain popcorn
- Malt loaf
- Low sugar yoghurts or Greek yogurt
- Raisins / sultanas
- Homemade fruit yogurt pot with oats
- Brown, plain rice cakes
- Dips and hummus



+ only water or milk
(try adding lemons, cucumbers or mint to water)

