



High March

EYFS Food and Nutrition Policy

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ISSR Reference	

Early Years Foundation Stage Food and Nutrition Policy

1. Introduction and Aims

This policy has been developed in line with the Early Years Foundation Stage (EYFS) requirements and the EYFS Nutrition Guidance (May 2025). It recognises that good nutrition underpins children's health, development, and learning.

Our aim is to provide nutritious, balanced meals and snacks that support children's growth and development during the Early Years. We promote enjoyable, social mealtime experiences that encourage lifelong healthy eating habits.

Children's safety and wellbeing are paramount throughout all aspects of food preparation, serving, and consumption. Robust procedures are in place to protect all the children in our care. We work closely with parents and carers to meet each child's individual dietary needs and view food experiences as valuable opportunities for holistic learning within the curriculum.

2. Staff Supervision and Safety Requirements

Staff maintain continuous visual supervision during all meals and snacks, ensuring immediate response to any incident, particularly choking. Staff are vigilant around children sharing food to ensure that children only eat the food that is suitable to their needs.

A member of staff with a current Full Paediatric First Aid qualification is always present during meal and snack times. Staff rotas ensure this requirement is consistently met.

Benches and tables have been modified to ensure that children are able to sit with their feet on the floor so that their bodies are stable while they eat. Chairs are provided for those children whose feet do not yet touch the floor.

3. Pre-Admission Requirements

Before joining, parents provide detailed information about each child's dietary requirements, including allergies, intolerances, cultural or religious preferences as well as general preferences, and any medical conditions affecting nutrition or feeding. This ensures children's safety, comfort, and inclusion from their first day.

4. Meal and Snack Provision

High March follows the EYFS Nutrition Guidance (May 2025) unless documented reasons require an alternative approach.

Meals and snacks are provided at regular intervals to support children's energy needs. Mealtimes are relaxed, social occasions that promote positive attitudes toward food and eating.

Menus are designed to meet children's nutritional needs and reflect the cultural diversity of our community. We prioritise fresh, wholesome ingredients and maintain the highest food safety and hygiene standards.

5. Responsibility and Monitoring

At every meal or snack time, a designated staff member ensures that each child receives food and drink appropriate to their dietary needs.

	Allergen Sheet Provided	Information on Pupils' Dietary Needs	Person responsible for getting the correct food to each child
Up with the Larks	yes	On Complete-Ed Register	Staff member on duty
Morning Snack	yes	Available in the classroom and on Complete-Ed	Classroom staff
Lunch	Displayed with the food	On individual, colour-coded cards and on Complete-Ed	Midday Supervisor or class teachers in her absence
Afternoon Snack	yes	Available in the classroom and on Complete-Ed	Classroom staff
After School Snack	yes	On Complete-Ed Register	Staff member on duty
Late Stay	yes	On Complete-Ed Register	Staff member on duty

6. Allergy and Special Dietary Management

Individual care plans are developed for children with allergies, in partnership with parents and healthcare professionals, where required. Allergen control is ensured through clear labelling, separation of foods, and dedicated equipment. All staff receive training in recognising and responding to allergic reactions, and emergency medication is kept in accessible locations.

We accommodate medical, religious, and cultural dietary needs wherever possible. Regular reviews with parents ensure information remains current. When necessary, we consult healthcare professionals to confirm nutritional adequacy and safety. Suitable, inclusive alternatives are always provided.

7. Drinks Provision

Water and milk are the primary drinks offered, supporting dental and overall health.

8. Child Involvement and Independence

Children choose from healthy options to support independence and self-regulation. Food is never used as a reward or punishment. Staff encourage children to try new foods and discuss allergies and food-sharing safety where appropriate.

Children learn about healthy eating through play, gardening, cooking, and discussion. A portable oven

enables baking activities in classrooms.

Reception-aged children can become Food Ambassadors, working with older pupils and the Chef Manager to promote healthy eating and share feedback relating to meals and food provided.

9. Parent Partnership

Weekly menus are available on the school website and displayed in school, enabling parents to plan complementary meals at home.

10. Celebrations and Special Occasions

We encourage parents to bring in creative, non-food alternatives (e.g. bubbles, stickers) to celebrate birthdays.

When parents bring food from home, they must complete an ingredient form for allergen awareness and ensure a treat for all children to promote inclusion.

11. Health and Safety

All food handling follows current safety regulations, with regular monitoring and records kept. Refrigeration and cooking temperatures are routinely checked. All food-handling staff hold, or are working towards, a Level 2 Food Hygiene qualification.

Foods such as grapes, olives, and cherry tomatoes are cut lengthways and quartered. Staff maintain vigilant supervision and are trained in choking response procedures. Seating arrangements ensure clear visibility of all children.

12. Monitoring and Evaluation

This policy is reviewed regularly in response to updated regulations, best practice, or identified needs, ensuring continuous improvement.

Staff receive regular training in food safety. Updates and refresher sessions are provided when guidance changes.

This policy demonstrates our commitment to providing the highest standards of nutrition, food safety, and care, supporting the health and development of every child.

Appendix

Ingredients Sheet for Food from Home

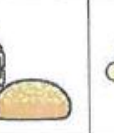
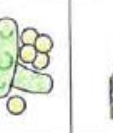
HOME BAKING ALLERGEN CHART

Please tick each allergen that applies. You should complete one row for each product you bake and put it in the container with the item(s). This will be displayed with the item.

Bakers Name:

Child's Year Group:

(in case of emergency)

Item														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
e.g. Lemon Drizzle Cake														