



EYFS Nutrition, Food and Oral Health Policy

Policy Lead: Charlotte Clutterbuck/ EYFS Lead

Approved by: Headteacher's Joanne Heap/Charlotte Clutterbuck and Governing Body

Review Date: September 2027

Policy Statement

At Tonacliffe Primary School, we recognise that good nutrition is essential for children's healthy growth, development, wellbeing and learning. We are committed to providing healthy, balanced and nutritious food and drink for all children in Nursery and Reception and to promoting positive attitudes towards healthy eating and oral health.

This policy reflects the requirements of the Early Years Foundation Stage (EYFS), including the EYFS Nutrition Guidance (2025), Safer Eating Guidance and the oral health requirements within the EYFS Safeguarding and Welfare Requirements. It aims to ensure that all children experience enjoyable, safe and inclusive mealtimes which support their physical, social and emotional development.

Aims

We aim to:

- Encourage children to experience and enjoy a wide variety of healthy foods.
 - Promote healthy growth, physical development and emotional wellbeing.
 - Support the development of lifelong healthy eating habits.
 - Promote positive oral health and reduce the risk of tooth decay.
 - Ensure all food provision is safe, inclusive and responsive to individual needs.
 - Create positive mealtime experiences which support communication, independence and social development.
 - Respect cultural, religious and medical dietary requirements.
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Roles and Responsibilities

Headteacher and Senior Leadership Team

The Headteacher and Senior Leadership Team will:

- Ensure this policy is implemented consistently.
- Ensure sufficient staffing and resources are available for safe mealtimes.
- Monitor compliance with EYFS requirements.
- Support staff training relating to nutrition, food safety and allergy management.

EYFS Lead and Class Teachers

The EYFS Lead and Class Teachers will:

- Oversee implementation of the policy.
- Liaise with parents regarding dietary requirements.
- Ensure children receive appropriate nutritional provision.
- Promote healthy eating and oral health through the curriculum.
- Monitor allergy and dietary information.

Practitioners and Mealtime Staff

Staff will:

- Model positive eating behaviours.
- Supervise children throughout meals and snacks.
- Ensure food is prepared and served safely.
- Follow allergy management procedures.
- Promote independence and healthy choices.
- Complete relevant food hygiene, allergy awareness and safeguarding training.
- Support children's communication and social interaction during mealtimes.

Parents and Carers

Parents and carers are expected to:

- Provide accurate information regarding allergies, medical conditions and dietary requirements.
 - Support the school's healthy eating and oral health expectations.
 - Provide healthy packed lunches where applicable.
 - Inform school promptly of any changes to dietary or medical needs.
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Nutrition Standards and Food Provision

Tonacliffe Primary School follows the EYFS "Provide, Limit, Avoid" approach.

We will:

Provide

- Fresh fruit and vegetables.
- Wholegrain and starchy foods.
- Protein-rich foods.
- Dairy foods or suitable alternatives.
- Water and milk as the main drinks.
- Seasonal and culturally diverse food choices.

Limit

- Processed foods.
- Foods high in salt.
- Foods high in saturated fat.
- Foods with added sugars.

Avoid

- Sugary drinks.
- Energy drinks.
- Sweets and confectionery.
- Foods with excessive sugar, salt or fat.

Portion sizes will be appropriate to children's age, stage of development and appetite. Children will always be offered additional healthy food when required.

Breakfast and Snack Provision

Where breakfast provision is offered, children will be provided with healthy choices such as:

- Low-sugar cereals.
- Toast or bread products.
- Milk.
- Water.

Healthy snacks may include:

- Fresh fruit.
 - Vegetable sticks.
 - Cheese.
 - Crackers.
 - Toast.
 - Pitta bread.
 - Rice cakes.
 - Water or milk.
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Oral Health

Tonacliffe Primary School recognises its statutory responsibility to promote good oral health.

To support children's oral health:

- Water and milk will be the only drinks routinely offered.
- Sugary drinks will not be permitted.
- Sweets and confectionery will not be provided as rewards.
- Healthy eating messages will be reinforced through learning opportunities.
- Information and guidance about oral health will be shared with families.
- We will support the prevention of tooth decay through healthy food choices and partnership working with parents and healthcare professionals where appropriate.

Birthdays and Celebrations

We recognise the importance of celebrating children's special occasions.

However:

- Birthday cakes, sweets and chocolate treats brought from home will not be consumed in school.
 - Celebratory items will be sent home with children for parents to decide whether they wish their child to consume them.
 - Alternative non-food celebrations are encouraged.
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Mealtime Environment and Social Development

Mealtimes should be enjoyable, relaxed and sociable experiences.

We will:

- Encourage children to eat together in small groups where possible.
 - Promote good manners and positive social interaction.
 - Support conversation and language development.
 - Encourage independence through age-appropriate self-selection and self-serving.
 - Give children sufficient time to eat at their own pace.
 - Respect children's preferences while gently encouraging them to explore new foods.
 - Never force children to eat food they do not want.
 - Never use food as a punishment or reward.
 - Allow children to stop eating when they feel full.
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Allergies, Intolerances and Dietary Needs

The school is committed to meeting children's individual dietary requirements safely.

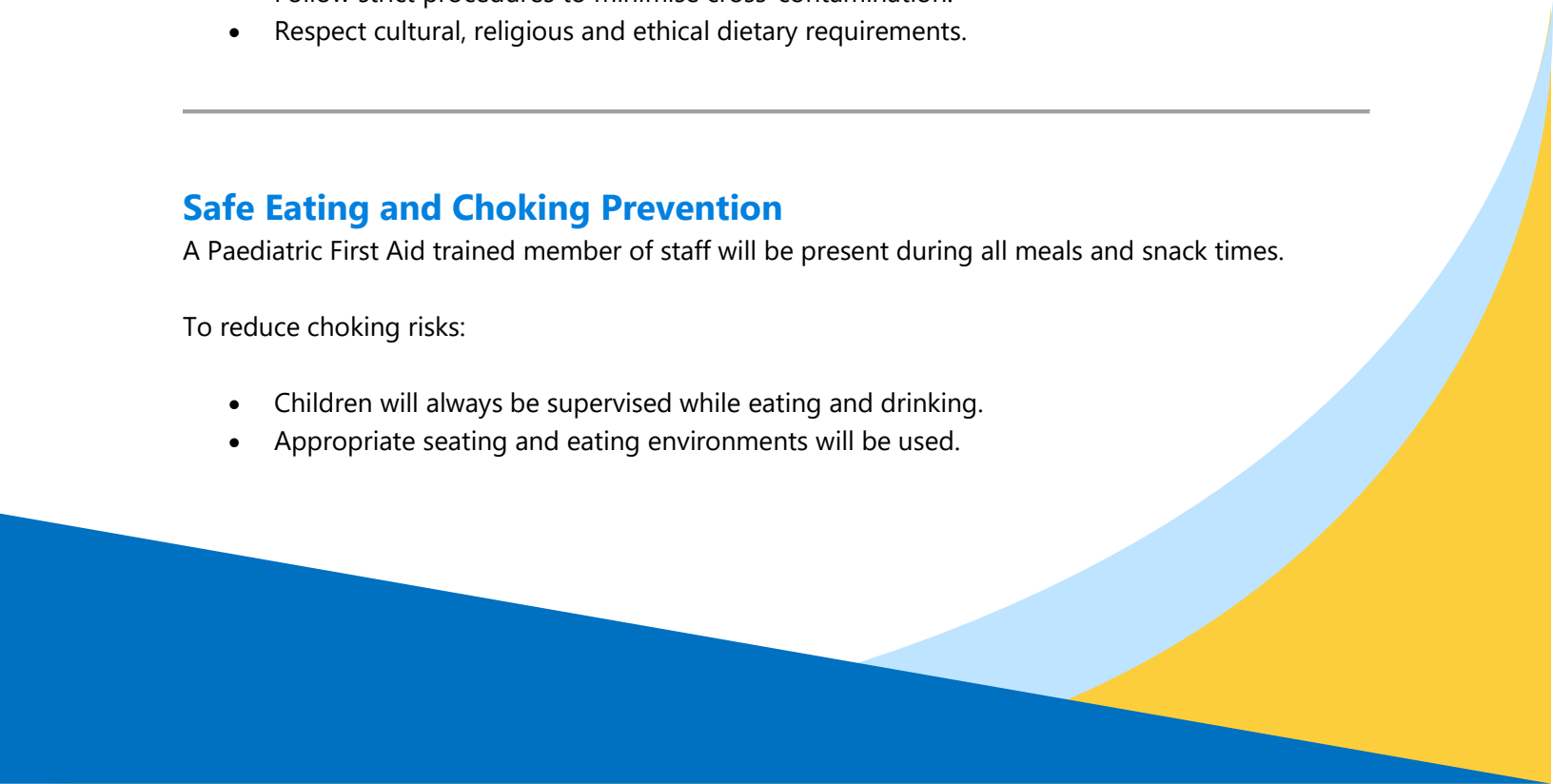
We will:

- Gather detailed dietary information on admission.
 - Maintain up-to-date allergy records.
 - Develop Allergy Action Plans and Individual Healthcare Plans where necessary.
 - Work closely with parents and relevant healthcare professionals.
 - Ensure staff are trained to recognise allergic reactions and anaphylaxis.
 - Prevent food sharing where this may pose a risk.
 - Follow strict procedures to minimise cross-contamination.
 - Respect cultural, religious and ethical dietary requirements.
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Safe Eating and Choking Prevention

A Paediatric First Aid trained member of staff will be present during all meals and snack times.

To reduce choking risks:

- Children will always be supervised while eating and drinking.
 - Appropriate seating and eating environments will be used.
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- Food will be prepared according to safer eating guidance.
 - Grapes, cherry tomatoes and similar foods will be cut lengthways into quarters.
 - Hard foods will be modified appropriately for age and stage.
 - Choking incidents and near misses will be recorded, reviewed and shared with parents.
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Food Safety and Hygiene

The school will:

- Operate in accordance with food safety legislation.
 - Follow HACCP and Safer Food Better Business procedures.
 - Ensure staff involved in food preparation have appropriate food hygiene training.
 - Maintain high standards of cleanliness and hygiene.
 - Store, prepare and serve food safely at all times.
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Packed Lunch Guidance

Parents and carers are encouraged to provide healthy packed lunches containing a balance of:

- Fruit and vegetables.
- Bread, rice, pasta or other starchy foods.
- Meat, fish, eggs or alternative protein sources.
- Dairy products or dairy alternatives.
- Water.

The following items should not be included:

- Sweets.
- Chocolate bars.
- Chocolate-coated biscuits.
- Cakes and confectionery.
- Fizzy drinks.
- Energy drinks.

To protect children with allergies:

- Nuts must not be brought into school.
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- Parents should follow safer eating guidance when preparing foods that may present a choking hazard.
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Partnership with Parents

The school will:

- Share information about meals and snacks where appropriate.
 - Support parents in making healthy choices for lunchboxes.
 - Promote healthy eating and oral health messages.
 - Work collaboratively with families to meet children's dietary needs.
 - Signpost eligible families to support programmes where appropriate.
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Monitoring and Review

The school will:

- Review allergy, choking and food-related incidents regularly.
 - Monitor compliance with EYFS nutrition guidance.
 - Evaluate menus and snack provision periodically.
 - Update staff training as required.
 - Review this policy annually or sooner if legislation or guidance changes.
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Policy Author: Mrs Charlotte Clutterbuck, EYFS Lead

Date: September 2026

Review Date: September 2027

