



Taywood Nursery School and Seedlings

Healthy Eating, Food and Drinks Policy

We are committed to promoting the health and wellbeing of all children through a positive approach to food, nutrition, and mealtimes. We follow the Early Years Foundation Stage (EYFS) Statutory Framework requirements and the EYFS nutrition guidance to ensure that every child receives safe, nutritious, balanced food that supports healthy growth and lifelong healthy habits.

This policy is informed by:

- EYFS Statutory Framework (requirements on food, drink, mealtime supervision, and promoting good health)
- EYFS Nutrition Guidance (recommendations for portion sizes, meal composition, and healthy eating practices)
- Food Safety Act and relevant food hygiene regulations
- Allergy and intolerance guidance (including procedures for managing severe allergies)

We aim to:

- Provide meals, snacks, and drinks that meet children's nutritional needs and support healthy growth.
- Encourage children to develop healthy eating habits and positive attitudes to food.
- Ensure all food provided is safe, age-appropriate, and culturally inclusive.
- Work in partnership with parents and carers to support children's nutritional wellbeing.
- Ensure staff model healthy eating behaviours and follow safe food-handling practices.

Our Food Provision

Breakfast Club

- We provide a healthy breakfast option for those children who access our Breakfast Club provision. Children are offered a choice of wholegrain cereals, with limited added sugar, served with whole milk.
- Children who have specific allergies are offered a healthy alternative, such as cereal with oat milk or wholemeal toast.

Snack

- Children are offered snack in a morning and afternoon session, which includes seasonal fruit and/or wholemeal toast with margarine.
- Sweet spreads are not offered with toast, except for children who may have allergies to dairy. If this is the case, a low sugar alternative is offered, but fruit is preferred.

Lunch

- Children bring in a healthy packed lunch from home. Please see the section on packed lunches below.

After School Club

Children are offered a nutritious, balanced hot snack- this follows EYFS nutrition guidance for ages 6 months to 4 years. This is not intended to be a main meal for children.

- Food includes a variety of:
 - Fruit and vegetables
 - Starchy foods (bread, rice, pasta, potatoes)
 - Protein sources (meat, fish, eggs, pulses)
 - Dairy or dairy alternatives
- Foods high in sugar, salt, and saturated fat are limited.
- No confectionery, fizzy drinks, or salty snacks are served.

Sample Menu

When our menu is updated, this is shared with parents and meets the needs of children in allergies and intolerances.

Monday	Vegetable or tuna pasta	Low sugar yoghurt
Tuesday	Wholemeal pizza wraps with cucumber batons	Seasonal fruit
Wednesday	Beans on wholemeal toast, carrot batons	Low sugar yoghurt
Thursday	Potato and sweet potato wedges, pepper batons, with optional hummus	Seasonal fruit choice
Friday	Fish cakes and mixed vegetables	Honeydew melon or pineapple

Drinks

- In our wrap-around provision and during the day, fresh drinking water is available at all times.
- Only whole milk or is served at snack and mealtimes.
- Fruit juice, squash, and flavoured milk are not provided.

- In Seedlings, Orchard and Acorn, fresh drinking is available in classrooms. In Willow, children can bring in their own water bottle from home.

Packed Lunches

- 30 hours children should bring a healthy packed lunch from home.
- We are a nut free nursery, as we may have children and staff who are allergic to nuts.

Below are suggested items for your child's packed lunch for 2-4 years.

- A small sandwich/wrap with their favourite filling
- A small yoghurt. Please do not send large yoghurts with sweet corners.
- A savoury snack
- Vegetable batons (peppers, cucumbers, carrots)
- Fruit or fruit pieces (see the guidance on preparing food safely)
- Flasks of pre-warmed food
- Water can be sent in a bottle

For children aged 9 months to 12 months

- We will ensure that we have an ongoing discussion with parents regarding their stage of weaning and how they want to introduce solid foods.
- We support responsive feeding and the introduction of textures in line with developmental readiness.
- Breast milk or formula is stored and prepared safely. Our Milk and Formula Policy can be read alongside this policy.
- Staff are trained to ensure that food is cut to a safe standard and guidance is displayed in all eating areas.

Packed lunches from home:

- A flask with home cooked meals such as soft pasta, mashed potato or soup
- Soft bread or sandwiches (finger sized)
- Soft fruit
- Yoghurt
- We discourage puree pouches and encourage home prepared food.

From 12 months to 2 years:

- Food should be prepared to support individual stages of weaning.
- Please see options above for examples of food to send for packed lunches.

For children aged 12 months- 2 years:

- Please do not send nuts, sweets, popcorn chocolates, cakes and fizzy drinks.
- These will not be offered and will be sent home.

- In accordance with School Food Standards guide, desserts containing at least 50% fruit can be provided.
- Please note that food sent in flasks must be warmed in advance. We do not re-heat food.
- You may send your child's food in a cool bag, or provide an ice pack to keep the contents fresh. We do not store food in a fridge.
- Any leftover food will be sent home, so that parents know how much their child is eating.
- Staff gently encourage children to eat as much of their lunch as possible. If a child does not want to eat, parents will be informed. We cannot force children to eat their food, or make them eat food that they do not like.
- Parents are encouraged to consider the portion sizes and quantity of food sent in their child's packed lunch.
- We do not make children finish all of their food if they are full.

Allergies, Intolerances, and Special Diets

- All dietary requirements are recorded during induction and reviewed regularly.
- Individual care plans are created for children with allergies or medical dietary needs.
- Allergen information is clearly displayed in the kitchen.
- Staff receive training in allergy awareness and emergency procedures.

Food Safety and Hygiene

- All food is prepared and stored following food hygiene regulations.
- Staff involved in food handling hold appropriate food hygiene training.
- Babies' bottles and feeding equipment are sterilised according to guidance.
- Hot food is checked for safe temperatures before serving. Hot food is only provided at After School Club.
- Cross-contamination risks are minimised, especially regarding allergens.

Cultural and Religious Considerations

- We respect and accommodate cultural, religious, and ethical dietary practices.
- Parents are encouraged to share information about family food traditions.
- We will still offer advice on healthy eating.
- We may offer food tasting experiences as part of our curriculum. Parents are informed that this is taking place and are invited to check the ingredients in advance.
- Parents are asked through Class Dojo to contact nursery should they wish to opt-out of food tasting.

SEND

Some children with additional needs may have a very rigid diet for various reasons.

We only allow snack to be provided from home after seeking advice from a health professional, or other professional such as Portage or Specialist Teacher. We aim to work with the family to encourage all children to enjoy the snack options available.

Cooking

Each half term, children experience a cooking activity. This is part of the curriculum, and allows children to apply physical skills in food preparation and understand that food can be made, rather than purchased in packets from a shop.

Below is our long term plan for food preparation:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Apple at oat crumble	Vegetable soup Festive treats*	Pizza Chinese noodles	Pancakes Sandwiches Celebration cake*	Food from animals- fresh fruit milkshake, scrambled eggs	Fruit ice lollies Fruit salad kebabs Lemonade

* Children are taught that some foods are 'treats' and only for special occasions

Partnership with Parents and Carers

- Menus are shared with parents when they are updated.
- Parents are encouraged to discuss their child's eating habits, preferences, and needs.
- We provide guidance on healthy packed lunches.
- We support parents with information about healthy eating and nutrition in the early years.

Supporting documents:

Eating well in the early years and packed lunch advice from 1-5 years:

<https://www.firststepsnutrition.org/eating-well-early-years>

First Steps Nutrition Trust: <https://www.firststepsnutrition.org/childrens-food>

NHS Better Health/ Healthier Families: <https://www.nhs.uk/healthier-families/>

NHS Best Start in Life (Weaning Guide) <https://www.nhs.uk/best-start-in-life/baby/weaning/>

Early years choking hazards food safety advice:
<https://www.foundationyears.org.uk/2021/09/food-safety-advice-on-choking-hazards-in-settings/>

The Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Traffic light food labels and portion sizes: <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/nutrition/children-aged-one-to-five-guidance>

Birthdays

- Birthdays and celebrations are marked in ways that do not rely on sugary foods.
- We do not permit cake or sweets to be brought into nursery.

Monitoring and Review

- The Senior Leadership Team monitors food provision, mealtime practice, and compliance with EYFS requirements.
- This policy is reviewed annually or sooner if guidance changes.
- Feedback from parents, staff, and children (where appropriate) informs improvements.

Policy date: September 2025