Holy Trinity Catholic Primary School

Early Years Foundation Stage Food and Nutrition Policy

July 2025

Introduction

'Providing healthy, balanced and nutritious food ensures that all children get the right amount of nutrients and energy they need while they are growing rapidly.
It is important that children develop positive eating habits early on. Children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.' (DFE 2025)

At Holy Trinity we provide healthy meals and snacks to help children grow and develop well. We are committed to offering children healthy, nutritious, and balanced meals and snacks that meet individual needs and requirements.

We ensure that all staff working within EYFS are aware of, and adhere to the requirements of the DFE Early Years Foundation Stage Nutrition Guidance (2025)

At Holy Trinity, we teach children about healthy eating in order to help children to gain independence and form healthy habits around food and mealtimes.

We believe that mealtimes should be happy, social occasions and we promote shared, enjoyable positive interactions at these times.

At Holy Trinity we will ensure that:

- All of the food provided meets the statutory guidance set out by the DFE for Early Years settings in England (meals and snacks that provide a variety of foods from the four main food groups of The Eatwell Plate)
- We provide a nutritious snack for every child mid-morning and mid-afternoon
- The lunch menus are planned in advance and shared with parents via the school website
- Only water and milk will be provided for the children to drink
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- Staff support children to make healthy choices and understand the need for healthy eating
- Children are given time to eat at their own pace and not rushed
- Quantities offered, take account of the ages of the children being catered for, in line with recommended portion sizes for young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- We will never force a child to eat, or punish a child for not eating. Likewise, eating full meals will not be rewarded
- If we have concerns about a child's eating, we will communicate this to parents

Food Safety and Hygiene

- Children will always be seated when eating
- Children will always be supervised by a member of staff that holds the Paediatric First Aid qualification
- Children will always be supervised within an appropriate staff ratio, that is compliant with the Early Years Foundation Stage Statutory Framework
- An adult will sit at eye level to the children whilst they are eating
- All food will be prepared in a way that will prevent choking, in line with the Food Standards Agency Guidelines – How to Prepare Food Safely to Prevent Choking
- Children will always eat at clean tables and food will be prepared in a clean kitchen with protocols to avoid contamination and infection
- We will always find out about children's dietary requirements, intolerances and allergies before they start school and this information will be shared with the relevant staff

Food Brought in From Home

We ask when food is brought from home that it meets the food and drink guidelines for early years settings. This means parents should provide a nutritious packed lunch, that is in line with our school's healthy eating culture.
Key messages that are shared with parents are:

- Foods that are high in sugar, salt and saturated fat should be avoided
- Sweets are not allowed in children's lunch boxes
- Food should be prepared in a way that prevents choking – grapes in particular, must always be cut in half

We encourage eligible pregnant women and mothers with children under four to register with the Healthy Start scheme and access the weekly food vouchers.

Celebrations

Parents are able to bring in a cake or other celebratory food, to celebrate their child's birthday. However, staff are not permitted to give out sweets in school.
If food is used for celebrations, it forms part of a balanced meal provision and does not replace healthy foods.

Food and Nutrition within our Curriculum

Learning about food is incorporated into our EYFS curriculum and we are committed to promoting the best outcomes for our children. Therefore, all children are taught about forming healthy habits, this includes learning about diet, exercise, hygiene and positive mental health. We provide activities for to children learn about food, and children have opportunities to prepare food. We endeavour to expose children to a range of tastes, cultures and food preparation skills.