

Play, Learn and Grow...Together!

Ordsall Primary School

EYFS Food and Nutrition Policy

Date reviewed: November 2025

Reviewed by: Emma Pedersen (Phase 1 Lead)

Approved by: Karl Hopkinson (Headteacher)

Next review: November 2026

Food and Nutrition Policy for EYFS

1. Policy Statement

At Ordsall Primary School we are committed to promoting children's health and wellbeing by providing nutritious, balanced, and safe food and drink. We follow the EYFS Statutory Framework (2025) and the EYFS Nutrition Guidance to ensure that all children develop healthy eating habits from the earliest age.

2. Aims

- To provide healthy, balanced and nutritious meals, snacks and drinks.
- To ensure food and drink meet children's developmental, cultural and dietary needs.
- To create a safe and supportive mealtime environment where children can enjoy food and develop independence.
- To work in partnership with parents/carers to promote consistency in healthy eating habits.
- To ensure staff are trained and confident in nutrition, food hygiene, and safer eating practices.

3. Meals, Snacks and Drinks

- Menus are planned in line with EYFS nutrition guidance, with appropriate portion sizes for young children.
- School lunches are provided through the Nottinghamshire School Meals Service.
- Snacks include daily fruit or vegetables provided through the School Fruit and Vegetable Scheme.
- Drinks:
 - Milk is offered daily at snack time.
 - Water is freely available throughout the day.
- Seasonal fruits or vegetables are offered daily for snack time supplied by the 'School Fruit and Vegetable Scheme (SFVS)'.
- We avoid offering sugary drinks, sweets and highly processed foods.
- Seasonal and affordable ingredients are used where possible.

4. Children Aged 3–5 Years

- Meals and snacks are balanced to provide appropriate nutrition for growth and development.
- Portion sizes are based on age and developmental stage, not just chronological age.
- Meals are designed to introduce children to a wide variety of flavours and textures.
- We encourage children to self-feed where possible, supporting independence, learning to use one handed tools such as knives and forks to cut and eat food.
- Staff respond to children's hunger and fullness cues, avoiding pressure to eat.
- Foods are cut or prepared, in ways that are safe and appropriate for their age to reduce choking risks.

5. Dietary Needs, Allergies and Intolerances

- Parents/carers provide full information about children's allergies, intolerances, cultural or religious needs before starting.
- Individual allergy action plans are agreed with parents and health professionals if needed.
- All food provided for children with allergies is clearly labelled and prepared separately to avoid cross-contamination.
- Staff receive training to recognise and respond to allergic reactions.
- While we cannot guarantee a completely nut-free environment, we operate an allergy-aware approach.
- Families are strongly encouraged to avoid sending nut-based products into school, and we actively promote safe, allergen-aware practices across the setting.

6. Safer Eating Practices

- A paediatric first aid trained member of staff is always present during mealtimes.
- Staff sit with children at snack time, facing them to supervise closely, this may be in a circle, or in rows facing in the same direction to ensure pupils are in sight and hearing of a member of staff.
- Staff sit with children and provide close, face-to-face supervision.
- Midday supervisors support safe eating during lunch, including cutting food appropriately.
- Food is prepared in safe forms to reduce choking risks e.g. grapes halved lengthways, nuts avoided.
- Mealtimes strive to be calm, positive and unhurried.
- All incidents, including “near misses” such as choking, are recorded and reported to parents/carers.

7. Food from Home & Celebrations

- Parents are encouraged to provide healthy packed lunches/snacks where applicable
- We discourage food high in sugar, salt and processed ingredients.
- For birthdays and celebrations, alternatives to sweets/cakes are encouraged e.g. fruit platters, non-food treats, shared experiences (see Appendix A)
- We respect cultural and religious traditions in celebrations and food choices.

8. Partnership with Parents and Carers

- Menus are shared with parents/carers in advance via the Arbor app and are also available on the Nottinghamshire County Council website.
- Parents are encouraged to discuss their child’s preferences, cultural practices, or concerns.
- We share information about healthy eating and nutrition with families, supporting consistency between home and setting.

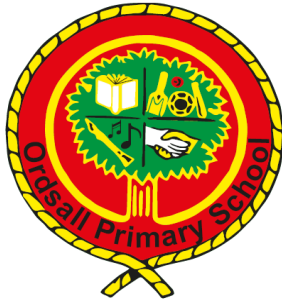
9. Staff Training

- All staff that are involved in food preparation and serving receive food hygiene training – EYFS staff, kitchen staff, mid-day supervisors, breakfast and after school club staff.
- Staff are trained in nutrition, allergy awareness, and safer eating practices.
- Training is refreshed regularly and updated in line with new EYFS requirements.

10. Monitoring & Review

- Menus and practices are reviewed regularly, with input from staff, children and parents.
- This policy will be reviewed annually or sooner if guidance changes.

Appendix A: Food and Nutrition Guide for Parents



Ordsall Primary School

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Play, Learn and Grow...Together!

Dear Parents/Carers of children in the Early Years,

Food & Nutrition Guidance for Parents

At Ordsall Primary School, we provide healthy, balanced, and safe meals and snacks for children in our Early Years, helping them grow, learn, and enjoy food. We follow the EYFS 2025 Nutrition Guidance:

Meals & Snacks

- Nutritious, age-appropriate meals and snacks are offered daily.
- Water is available throughout the day, milk is offered at snack time.
- A range of fruits or vegetables are offered daily at snack time.
- Portion sizes are suited to your child's age and stage of development.

Supporting Healthy Eating

- Children are encouraged to feed themselves when possible, learning to cut food to appropriate sizes will be supported at lunchtimes.
- Staff support children to listen to their hunger and fullness cues.
- Food is prepared safely for children's age to reduce choking risks.
- Mealtimes strive to be calm, positive and unhurried.

Allergies, Intolerances & Special Diets

- Please tell us about any allergies, intolerances, or cultural/religious needs.
- We create individual allergy action plans where necessary.
- Staff are trained to recognise and respond to allergic reactions.

Food from Home & Celebrations

- Healthy packed lunches/snacks are encouraged as an alternative to a school dinner. These being provided by parents/ carers in clearly labelled insulated lunch box or bag with ice packs for foods that need to be kept cool.
- Celebrations: alternatives to sugary treats, e.g., fruit platters or non-food treats such as party favours such as mini bubble wands, are welcomed and preferred.
- Cultural and religious food practices are respected.

Partnership with Parents

- We share lunch menus through our Arbor app.
- Parents are encouraged to discuss food preferences or concerns.
- We aim for consistency in healthy eating between home and setting.

Staff Training & Safety

- Staff are trained in nutrition, food hygiene, and safer eating practices.
- A paediatric first-aid trained staff member is always present at snack and mealtimes.

We value your partnership in helping children enjoy healthy, safe, and happy mealtimes!

Thank you for your continued support.
The EYFS Team.