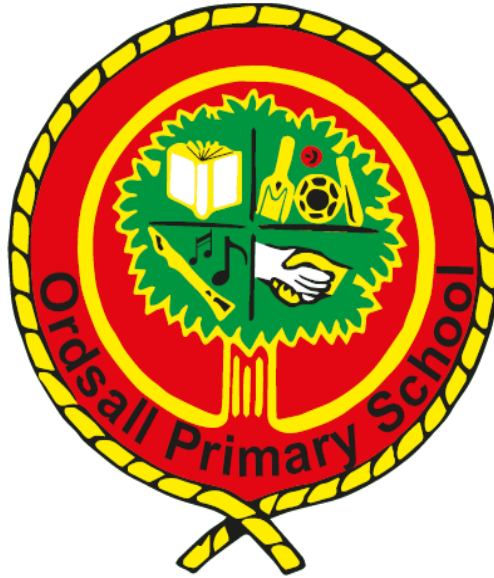




Play, Learn and Grow...Together!

Ordsall Primary School

EYFS Food and Nutrition Policy

Date reviewed: September 2026

Reviewed by: Emma Pedersen (Phase 1 Lead)

Approved by: Karl Hopkinson (Headteacher)

Next review: September 2027

1. Policy Statement

At Ordsall Primary School, we are committed to promoting children's health, wellbeing and lifelong healthy eating habits by providing nutritious, balanced and safe food and drink. We follow the EYFS Statutory Framework (2025) and current EYFS Nutrition Guidance to ensure children receive appropriate nutrition whilst developing positive attitudes towards food, independence and good oral health.

This policy should be read alongside:

- Allergy Safety Policy
- Supporting Pupils with Medical Conditions Policy
- Administering Medication Policy
- Child Protection Policy

2. Aims

We aim to:

- Provide healthy, balanced and nutritious meals, snacks and drinks.
- Ensure food and drink meet children's developmental, cultural, religious and dietary needs.
- Promote good oral health through healthy food choices and positive eating habits.
- Create a safe, calm and supportive mealtime environment where children can enjoy food and develop independence.
- Work in partnership with parents and carers to promote consistency in healthy eating habits.
- Ensure staff are trained and confident in nutrition, food hygiene, allergy awareness 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.
- Milk is offered daily at snack time.
- Fresh drinking water is freely available throughout the day.
- We promote good oral health by encouraging water as the main drink throughout the day and limiting foods and drinks high in free sugars.
- 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 age-appropriate cutlery, including knives and forks, independently where appropriate.
- 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.
- Parents/carers are required to notify the school immediately of any changes to their child's dietary, allergy or medical information.
- 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.
- The school follows its Allergy Safety Policy and procedures developed in response to Benedict's Law, including the safe storage and emergency use of spare adrenaline auto-injectors where appropriate.

6. Safer Eating Practices

- A paediatric first aid trained member of staff is always present during mealtimes.
- Staff provide close supervision during snacks and meals, remaining within sight and hearing of children and positioning themselves so they can observe children while they are eating.
- Midday supervisors support safe eating during lunch, including cutting food appropriately.
- Food is prepared and served in accordance with current choking prevention guidance. Foods presenting a higher choking risk (for example grapes, cherry tomatoes, blueberries where appropriate and sausages) are prepared safely before being offered to children.
- Mealtimes strive to be calm, positive and unhurried.
- All incidents, including "near misses" such as choking, are recorded and reported to parents/carers.
- All choking incidents and significant near misses are reviewed to identify any changes required to practice, supervision or food preparation.

7. Food from Home & Celebrations

- Parents are encouraged to provide packed lunches that reflect the principles of the School Food Standards and our Healthy Eating Policy.
- 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 involved in the preparation, serving or supervision of food receive appropriate food hygiene and food safety training relevant to their role.
- 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 and 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 use age-appropriate cutlery safely while being supported by adults.
- 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 should be provided by parents/carers in a 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 alternatives such as stickers, bookmarks or bubbles are encouraged.
- Cultural and religious food practices are respected.

Partnership with Parents

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

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.