

**FOOD AND NUTRITION POLICY**

Date of Issue: September 2025 Date of Review: **September 2026**

References: **EYFS Statutory Framework**

Overview

It is the aim of the school to provide snacks throughout the school day. We believe snack time and mealtimes should represent a social time for children and adults and encourage children to learn about healthy eating. We aim to provide a balanced diet for the children, which covers their dietary needs.

No Nuts Policy

The school operates a strict no nuts policy. Packed lunches must be free of nuts or nut products. Any items found will be removed and placed safely away from children and an alternative offered from school snack stock.

Dietary Requirements

Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. Parents are provided with a form to complete if their child has any allergies or cultural dietary needs. This information is passed on to the school staff. We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.

Food and Drinks Offered

We display the snack menu for all parents to view on our website.

The school or caterers will also offer:

* Fresh water and milk to drink and offer fresh fruits as a snack
* Inclusion of cultural foods where possible to our menu
* Staff supervise the children eating a healthy, **nut-free** lunch provided by parents

The school will also:

* Ask all early year’s staff to complete training on “Food & Hygiene”
* Continue to instill the **no nuts policy** across the whole school
* Ensure each child has a water bottle filled with fresh water each day which is always available
* Ensure access to filtered water throughout the day

Staff Involvement

We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.

Staff will also:

* Eat with the children at lunchtime to supervise the children eating and model good table manners
* Help children to develop independence through making food choices and feeding themselves
* Provide children with utensils that are appropriate for their ages and stages of development

Oral Health

The school understands the need to promote good oral health and encourage good habits from an early age. Changes have been made to the long-term curriculum to ensure Oral Health is addressed with the children.

Staff will ensure they:

* Invite a dentist to visit the children each year to talk about how to keep teeth healthy
* Include oral health into the curriculum linking it to relevant topics
* Show the children tooth brushing kits and talk about tooth brushing routines
* Refer to the need for healthy drinks and snacks to promote healthy teeth
* Read stories about healthy teeth and smiles