

Nutritional Policy

Our nursery is committed to promoting the health and wellbeing of all children in our care. We recognise the importance of a balanced diet in supporting growth, development, and learning. In line with the **Early Years Foundation Stage (EYFS 2025 framework)**, we provide nutritious, age-appropriate meals, snacks, and drinks, and we encourage children to develop positive attitudes towards food and healthy lifestyles.

Aims

- To meet children's individual dietary needs and preferences.
- To encourage healthy eating habits from an early age.
- To ensure children are offered food and drink that meets current government nutritional guidelines.
- To involve children in understanding food, nutrition, and making healthy choices.
- To work in partnership with parents and carers to support children's wellbeing.

Food Provision

- **Meals & Snacks:**
 - Balanced and varied, including fruits, vegetables, protein, whole grains, **dairy every day**, and **oily fish once per week**.
 - Limited use of salt, sugar, and processed foods.
 - Water and milk provided throughout the day.

- **Menus:**

- Menus are rotated on a termly basis to provide variety and seasonal produce.
- Updated menus are displayed on the **parent notice board** and sent home electronically at the start of each term.

- **Mealtime Practice:**

- Meals are served in a calm, social environment.
- Staff sit and eat with children to model positive eating behaviours.
- Children are encouraged to serve/prepare themselves (where appropriate) to support independence and fine motor skills.

Special Dietary Requirements

- Parents/carers must inform us of any allergies, intolerances, or cultural/religious dietary requirements.
- An **Individual Care Plan** will be created for each child with severe needs. All staff are aware of the blue bowl system for allergies. Allergy list found in all rooms which is updated regularly.
- All staff are trained to follow allergy and dietary management procedures.

Healthy Eating Education

We link nutrition to the EYFS 2025 areas of learning by:

- **Understanding the World:** exploring where food comes from (planting, cooking activities, food-themed stories).
- **Personal, Social and Emotional Development (PSED):** encouraging children to try new foods, share meals, and develop self-care skills.
- **Communication and Language:** talking about taste, texture, and food choices.



- **Physical Development:** learning how food helps our bodies grow strong and healthy.

Partnership with Parents

- Parents are informed about menus and encouraged to share feedback.
- We provide guidance on healthy lunchboxes (where applicable).
- We work closely with families to ensure consistency between home and nursery in promoting healthy eating.

Drinks Policy

- Only **water and milk** are offered during the day.
- Sugary drinks are not permitted.
- Children are encouraged to drink water regularly, especially after active play.

Celebrations & Treats

- We encourage healthy options for birthdays and special events.
- Where treats are included, they are offered in moderation alongside fruit or other healthier options.

Monitoring & Review

- This policy is reviewed **annually** in line with updates to the EYFS framework and government nutritional guidance.
- Staff training is refreshed regularly to ensure high standards are maintained.

Signed (Jessica Burns): Jessica Burns

Signed (Scott Marshall): Scott Marshall

Review Date: September 26