

Woodlands Primary School & Nursery



EYFS FOOD & NUTRITION POLICY

Date: September 2026

Review Date: September 2027

1. Introduction

This policy outlines our commitment to providing healthy, balanced, and nutritious food and drink to all children in our early years setting, in accordance with the EYFS statutory framework and the latest DfE nutrition guidance.

2. Aims

- Ensure all meals, snacks, and drinks meet the nutritional needs of children aged 1 to 5 years.
- Promote positive attitudes towards healthy eating and nutrition.
- Support children's health, growth, and development through appropriate food provision.
- Accommodate individual dietary requirements, including allergies, intolerances, and cultural or religious preferences.

3. Nutritional Standards

We adhere to the following principles:

- Meals and snacks are planned to include a variety of foods from the four main food groups:
 - Fruits and vegetables
 - Starchy carbohydrates
 - Dairy or dairy alternatives
 - Proteins (meat, fish, eggs, beans, pulses)

Lunch meals are provided by an outside provider, ABM Catering, who develop their menus using the 'Eat Well Plate' strategy. ABM Catering Food and Nutrition policies are listed in Appendix A.

N.B. Reception children are offered the variety of food groups listed above each lunch time and our Nursery children (that attend half day sessions) are offered a selection of fruit/vegetables and a starchy carbohydrate during their daily snack time.

- Only water and milk are provided to support good oral health. Sugary drinks, including fruit juices and smoothies, are not offered.
- Foods high in saturated fat, salt, and sugars (e.g., cakes, biscuits, crisps) are limited and offered occasionally in small amounts.
- Fresh water is always readily available to the children with the setting.

4. Food Safety and Allergy Management

- We maintain up-to-date records of all children's dietary needs, allergies, and intolerances. Individual Allergy Action Plans are developed in collaboration with parents/carers and healthcare professionals as needed.

- All food is prepared safely to minimize choking risks. Staff are trained in safe food preparation and are vigilant during mealtimes.
- Children are always supervised while eating. Staff sit with children during meals to encourage positive eating habits and monitor for any adverse reactions.
- A staff member trained as a paediatric first aider is always present when children are eating.

5. Mealtime Environment

- Meals are social occasions where children are encouraged to try new foods and develop independence.
- Children are encouraged to listen to their hunger cues. They are not forced to eat and are supported in recognising when they are full or hungry.

6. Menu Planning

- Menus are planned, alongside our whole school catering team (ABM Catering), to offer a variety of foods, tastes, and textures, reflecting cultural diversity and seasonal availability. See Appendix A for ABM Catering Food and Nutrition Policy.
- Menus are shared with staff, pupil voice groups across school, parents and school governors, and their feedback is welcomed to ensure cultural and dietary preferences are respected.
- We aim to provide nutritious meals that are also cost-effective, ensuring sustainability.

7. Special Dietary Requirements

- We respect and accommodate cultural, religious, and ethical dietary practices.
- Children with medical dietary needs are provided with suitable alternatives, and staff are trained to manage these requirements safely.

8. Parental Engagement

- Regular communication with parents/carers about their child's eating habits and preferences is maintained.
- We encourage all families to provide a healthy, balanced lunchbox that supports children's wellbeing and energy levels throughout the day. To help us promote positive eating habits in line with national guidance, we ask parents and carers to follow the recommendations below:
 - **Include a variety of healthy options**, such as fruit, vegetables, yoghurt, cheese, wholemeal bread, wraps, or pasta.
 - **Choose nutritious snacks**, for example breadsticks, rice cakes, or plain crackers.
 - **Limit high-sugar and high-fat items**, such as chocolate bars, sweets, crisps, and pastries, as these can affect children's concentration and overall health.

- **Avoid fizzy drinks**; water is always the best choice, and milk is also acceptable.
 - **Be mindful of choking risks**, especially for younger children—please cut grapes, cherry tomatoes, and similar foods lengthways.
 - **Check for any allergy-related restrictions** within the setting (e.g., nut-free policy) to help us keep all children safe.
- We strongly advise against sugary foods for occasions such as children’s birthdays or other celebrations. Instead, we suggest treats such as fruit platters or non-food items such as stickers or bubbles. Any food that is shared from one child to another will not be consumed by your child whilst in the care of school staff, instead they will take the food item/s home to eat/discard at their parent or carer’s discretion.

9. Monitoring and Review

- We regularly review our food provision and practices to ensure compliance with current guidelines and to meet the needs of our children.
- Staff receive ongoing training in nutrition, food safety, and allergy management.

This policy ensures that our early years setting provides a foundation for healthy eating habits, supporting the well-being and development of all children in our care.

10. Food charges

- Pupils in Reception up to Year 2 are entitled to government funded Free School Meals.
- Pupils that attend our Nursery setting for 30hours per week (full days) are welcome to purchase a hot meal cooking by school’s catering team at a cost of £2.75 per day.

11. SEND and Inclusive Nutrition Provision

- We are committed to ensuring that all children, including those with Special Educational Needs and Disabilities (SEND), have full access to healthy, appropriate, and enjoyable food experiences in line with the updated DfE Nutrition Guidance (2025).
- We recognise that some children may have additional dietary needs, sensory preferences, feeding challenges, or medical requirements that impact their relationship with food. Staff work closely with parents and carers, as well as relevant professionals, to ensure that adaptations are made sensitively and consistently. This may include offering alternative textures, supporting individual eating routines, providing a calm and structured environment, and ensuring that all food provided is safe, suitable, and inclusive.
- Our aim is to promote positive food experiences for every child, enabling them to participate fully and develop healthy habits in a way that meets their individual needs.

APPENDIX A

At abm catering we understand the vital role that good nutrition plays in the maintenance and protection of health. It is our policy to ensure that all of our catering establishments offer a range of foods that enable pupils to make healthy eating choices.

Our menus are developed using the five main food groups demonstrated by the Eat well Plate and we endeavor to use low fat cooking methods wherever possible. We hope to nutritionally educate pupils guiding them towards choosing healthier, more balanced meals, which in turn will play a crucial role in decreasing their saturated fat, salt and NME sugar intake.

abm fully support the government led food and nutrient based standards and therefore all of our recipes and menus are designed to fully meet the required standard for the appropriate age group. Through the use of our Saffron software we can provide a full nutritional breakdown and analysis of our menus, enabling schools to demonstrate their compliance.

We understand that healthy eating is not always at the forefront of a pupils mind and so we work

closely with our regional and national suppliers to improve the nutritional content of our branded products, ensuring we are actively meeting the target nutrient specifications set by the Food Standards Agency.

Whilst monitoring these levels we also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans-fats from within our product range. We also promote the use of low fat dairy products across the business and herbs and spices are now favored over salt in the cooking process.

abm appreciate that the health provision for young people needs to be improved and through our commitment to healthy eating we aim to support this at every opportunity.



Susan Johnson
Managing Director
abm catering limited
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