



# Lady Boswell's C.E. (Aided) Primary School

*Learning Together, Christ at  
the Centre, Learning for Life*

## EYFS Food and Nutrition Policy

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Policy authorised by: SLT

Author of Policy: Natasha Wyatt

We value every member of our community as a unique child of God and seek to demonstrate His love through our words and actions. We enable every child to achieve their full potential so that they leave us with their heads inspired and their hearts enriched.

**As a result our children will:**

Develop a positive sense of self and well-being; confident to make the right choices and keep themselves safe in an ever-changing society

Strive for academic excellence, developing a thirst for knowledge and a love of learning

Become effective communicators, collaborators and leaders

Be resilient, resourceful and courageous

Be curious, creative individuals and confident problem solvers

Grow in spiritual awareness and develop a strong moral compass and a deepening understanding of the Christian faith in a multi-faith British society

Become responsible and tolerant global citizens who value diversity, forgive readily, and have concern for the needs of each other, the school, the wider community, and the planet

## **Food and Nutrition Policy (EYFS – Primary School)**

### **1. Policy Statement**

Our school is committed to promoting healthy eating and positive attitudes to food for all children in the Early Years Foundation Stage (EYFS). We recognise that good nutrition is fundamental to children's health, development, and ability to learn.

In line with the **Early Years Foundation Stage (EYFS) Statutory Framework**, we ensure that where food is provided, it is healthy, balanced, and nutritious, and we have regard to the September 2025 EYFS nutrition guidance as part of our safeguarding and welfare responsibilities.

### **2. Aims**

- To provide healthy, balanced, and nutritious food and drink
- To promote lifelong healthy eating habits
- To ensure safe eating practices and reduce risks, including choking
- To support children's health, development, and well-being
- To work in partnership with parents/carers

### **3. Food Provision in School**

#### **3.1 Daily Snack Provision**

- The school provides **each child in Reception with a daily piece of fruit**
- Children are also welcome to bring an additional healthy snack from home

Where snacks are brought from home:

- Parents are encouraged to provide healthy options

- Snacks should be appropriate for young children and consider choking risks (e.g. grapes cut lengthways)
- Sweets, chocolate, and high-sugar items are discouraged

Children will be encouraged to eat healthy foods; if inappropriate snacks are sent into school, the school will work in partnership with families to promote healthier choices.

### 3.2 Snack Time Organisation

- All Reception children will **sit together for snack time**
- Snack time is a **planned, supervised routine**, not an ad hoc activity
- This ensures:
  - Effective supervision
  - Reduced risk of choking
  - Opportunities for social interaction and language development

Staff will:

- Sit with children and actively supervise
- Model safe eating behaviours
- Encourage children to eat at an appropriate pace
- Ensure children are seated while eating

### 3.3 Mealtimes and Supervision

- Children are supervised at all times while eating
- A **Teaching Assistant with a Paediatric First Aid (PFA) qualification** will always be present during snack times and school mealtimes
- Staff are vigilant to choking risks and follow safer eating guidance

This reflects the strengthened safeguarding expectations within the EYFS 2025 updates around **“safer eating” practices**.

## 4. Drinks

- Fresh drinking water is available at all times
- Milk is provided where applicable
- No other drinks are not permitted

## 5. Curriculum Links

Food and nutrition are embedded within:

- Physical Development (health and self-care)
- Personal, Social and Emotional Development (routines and independence)
- Understanding the World (food origins and culture)

Children are taught about:

- Healthy food choices
- Safe eating habits
- Hygiene and handwashing
- Developing a positive relationship with food

Snack and mealtimes are used as opportunities to reinforce this learning.

## 6. Allergies, Dietary Needs and Safer Eating

- The school collects detailed information on allergies and dietary needs
- This information is shared with all relevant staff
- Food is monitored to ensure it is safe for each child
- No food should be sent into school containing nuts
- Adjustments are made where necessary

Staff with their paediatric first aid qualifications are trained to recognise and respond to allergic reactions and choking incidents.

## **7. Mealtime Practice**

Staff will:

- Sit with children and promote a calm, social environment
- Encourage independence (opening containers, using utensils)
- Avoid pressuring children to eat
- Support children in making healthy choices

Mealtimes are recognised as an important part of children's personal development.

## **8. Food Safety and Hygiene**

- Staff follow strict hygiene procedures
- Children are encouraged to wash hands before and after eating
- Food is stored and handled safely
- Eating areas are kept clean

Choking prevention is treated as a key safeguarding priority.

## **9. Inclusion and Equality**

- Cultural and dietary preferences are respected
- Children with additional needs are supported appropriately
- All children have access to safe and nutritious food

## **10. Working with Parents/Carers**

- Parents are supported in providing healthy snacks and lunches, ensuring that items brought in from home are nut free.
- Guidance is shared on appropriate foods and choking risks
- Children may bring in a food item to celebrate their birthday; however, these will be sent home for parents/carers to decide if they are suitable for consumption. All items brought into the setting must be nut-free in line with our allergy policy.
- Communication is open and supportive

## **11. Leadership, Monitoring and Staff Training**

Leaders ensure that:

- Safe eating practices are consistently implemented
- Staff are trained in paediatric first aid, food hygiene, and allergy awareness
- Mealtimes are well-organised and effectively supervised
- Practice is monitored to ensure children's safety and well-being

Leaders recognise food provision and mealtime routines as part of safeguarding and personal development.

## **12. Monitoring and Review**

This policy will be reviewed annually or in response to updates to statutory guidance