

Yapton community preschool

Food and Nutrition Policy

Statement of intent

Our pre-school is committed to promoting the health and well-being of all children in our care by supporting parents with knowledge about nutritious lunch boxes and snacks in line with the Early Years Foundation Stage (EYFS) statutory framework and Early Years Foundation Stage nutrition guidelines (2025).

We recognise the crucial role of early years settings in establishing healthy eating habits for life.

Aims

- To ensure all children enjoy a healthy, balanced, and varied diet during their time in the setting.
- To ensure safer eating.
- To promote good hygiene practices and self-care around food and eating.
- To respect cultural, religious, and dietary needs, including allergies and intolerances
- To engage families in promoting healthy eating both in the setting and at home.
- To support children in developing a positive attitude to food and mealtimes and establish good food habits to reduce obesity.

Our food procedures

We obtain information from parents about any food intolerances, allergies and preferences before the child enters the setting. This is shared with all staff before the child enters the setting. Where allergies are present, we complete an allergy action plan

Snack is provided by parents in a plastic container and needs to be fruit or vegetable cut up and manageable for your child to prevent choking e.g. grapes cut in half lengthways.

Lunch is also provided by the parents in a lunch box parents are told to provide a cool pack with the lunch to help maintain its temperature. Where possible we ask that food is in reusable containers and not throw away wrappings such as cling film and foil. Lunch needs to be a balanced diet with appropriate portion sizes, including the amount and variety of lunch. Again, food needs to be cut up and manageable to prevent choking e.g. sausages, grapes cut lengthways, and any other small foods cut up

We share the governments advice of The Eatwell plate please see link below

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Lunch boxes are monitored by preschool staff. We request that parents only put one treat in the child's lunchbox e.g. small cake, biscuit chocolate bar or cereal bar.

We do not allow sweets, popcorn or pre-packed fruit treats (such as fruit winders, bear products, fruit bowl products) as these can be choking hazards to young children.

Yapton Preschool is a nut -free setting and request that children have no nuts in their lunch boxes, this includes peanut butter or chocolate spread in sandwiches, pain au chocolat or nuts in cereal bars. Preschool reserve the right contact parents and not give foods to children if the product is believed to have nuts and has no ingredients listed. This is to prevent exposure of nuts to other children. Where parents are contacted a new lunch maybe requested.

We ask that parents provide all food to be cut up and manageable for your child to prevent choking. Please see table below with advice on how to prepare your child's food

https://www.foundationyears.org.uk/files/2021/09/Early-Years-Choking-Hazards-Table_FINAL_21-Sept-2021.pdf

Drinking water is always available to children in a preschool water bottle, and milk is offered twice a day, once in the morning with snack and then in the afternoon. We allow a small carton of juice to be had with lunch.

Mealtimes are a social and enjoyable experience where staff sit/monitor the children, always facing the children so that they can intervene in case of choking or allergic reactions. Staff will also model good eating habits and encourage conversation. All staff members are paediatric first aid trained to deal with any possible situations that can arise. Children are encouraged to try new foods and develop independence in feeding themselves. We follow safe food hygiene practices and ensure all staff involved in food handling have appropriate training.

Allergies and intolerances

All staff are aware of any child with any food intolerances or allergies.

Dietary Requirements: We work closely with parents/carers to accommodate all dietary needs, including allergies, intolerances, and cultural or religious food preferences. All staff are informed of children's dietary requirements and allergies, and a clear system is in place to prevent cross-contamination. Allergen information is clearly displayed and updated as needed.

Allergy Action Plans: For children with allergies, we will create and maintain an allergy action plan in collaboration with parents and healthcare professionals. The child's plan will be updated regularly, as informed by the parents.

Choking Incident Reporting: Any choking incident will be documented, and parents will be informed through tapestry and contacted to be made aware of the incident.

Healthy Eating Education

Children are encouraged to learn about healthy food through hands-on experiences, such as food tasting, gardening, and cooking activities. When cooking with the children we will where possible choose lower fat and sugar products. We integrate messages about nutrition and health into the Early Years curriculum through stories, role-play, and discussions. We advise parents where we can and will include suggestions for healthier lunchboxes, within feedback and communications.

Celebrations and special occasions

Many families like to celebrate their child's birthday and other special events by bringing in cakes or sweets for the setting to share. At Yapton Preschool we do not allow parents to bring in cake or sweets to mark a celebration. We will mark the special day in other ways such as stickers or a balloon.

Date agreed: October 2025
2027

Policy Review Date: October