

# Shelton Infant School & Nursery Food and Nutrition Policy

Co-Headteachers: Anthony Leigh & Charlotte Brierley

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Review Date: January 2027

## 1. Introduction

- Shelton Infant School and Nursery is committed to promoting the health and wellbeing of all children aged 3–7 through a whole-school and nursery approach to food and nutrition. In line with the 2025 Ofsted framework and the Department for Education (DfE) Early Years Foundation Stage (EYFS) Nutrition Guidance, this policy outlines our commitment to providing healthy, balanced, and nutritious food and drink to all children in our care.

## 2. Aims

- To ensure all food and drink provided meets the EYFS statutory requirement: 'Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.'
- To support children in developing lifelong healthy eating habits from the earliest age.
- To reduce health inequalities and support children with specific dietary needs.
- To engage parents and carers in promoting healthy eating both at home and in the school/nursery setting.

## 3. Guiding Principles

- **Balanced Diet:** All meals and snacks reflect the four key food groups: Fruit and vegetables; Starchy carbohydrates (preferably wholegrain); Dairy and dairy alternatives; Protein sources (meat, fish, eggs, pulses).
- **Fresh Drinking Water:** Available and accessible throughout the day for all age groups.

- Inclusive Provision: We cater for children with allergies, intolerances, religious dietary requirements, and additional support needs. Individual plans are developed in consultation with parents and healthcare professionals when necessary.

## 4. Food Provided at School and Nursery

- School and Nursery Meals: Provided by Shelton Infant School and Nursery comply with the School Food Standards and EYFS guidance. Meals are freshly prepared, low in salt, sugar, and saturated fats, and include a variety of seasonally diverse options.
- Snacks: Healthy snacks such as fruit, vegetables, or wholegrain options are offered to all children, including those in Nursery.
- Celebrations: We promote non-food-based celebrations or healthy alternatives alongside traditional treats. These celebrations include a variety of religions and cultures.
- Packed Lunches: Children and parents are encouraged to take up the offer of a free school meal each day. We recognise some parents wish to send their child with a packed lunch and these parents are encouraged to follow the school's healthy lunchbox guidance (see Appendix One). Sugary drinks, sweets, and high-fat snacks are discouraged. When a child consistently brings an unhealthy/unbalanced packed lunch, the Learning Mentor will meet with parents to raise their awareness of the importance of a balanced and healthy lunch.

## 5. Food Education and Activities

- Curriculum Integration: Healthy eating is embedded in the curriculum and nursery provision through Understanding the World, PSED, and practical food activities.
- Gardening and Cooking: Children across all age groups are involved in preparing simple meals to foster a positive relationship with food.
- Staff Role Modelling: Staff are encouraged to model healthy eating behaviours and engage children in conversations about food.

## 6. Communication with Families

- The school and nursery share resources from the DfE and NHS Healthy Start programmes where applicable.

## 7. Monitoring and Evaluation

- The policy is reviewed annually by the co-headteachers and the governing body.
- Feedback from staff, parents, and children informs updates.
- Compliance with the EYFS nutrition guidance is monitored internally and through Ofsted inspections.