



Newbold Church of England Primary and Nursery School Early Years Food Policy

Date policy last reviewed: January 2024

Signed by:

_____ Headteacher Date: _____

_____ Chair of governors Date: _____

Policy due for review February 2026

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Statement of intent

At Newbold church of England Primary School and Nursery_ we understand that what children eat and drink is important, and the habits they develop from a young age will impact their future health. We value the importance of the EYFS in providing children with a nutritious, balanced diet that will encourage them to make healthy, informed choices. We share responsibility with parents to give guidance on the health issues and the risks of unhealthy eating practices.

We believe that food can be used in a variety of educational ways. Children are encouraged to celebrate holidays, religious festivals, special events and the various foods associated with these events, and are encouraged to experiment with unfamiliar foods.

Newbold church of England Primary School and Nursery_meets the requirements of the 'Standards for school food in England' and aims to maintain these standards across all meals provided.

1. Legal framework

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

- Public Health England (2017) 'Example menus for early years settings in England'
- DfE (2021) 'School food in England'
- DfE (2013) 'The school food plan'
- DfE (2021) 'Statutory framework for the early years foundation stage'
- Food Safety Act 1990
- The Requirements for School Food Regulations 2014
- School Food Plan (2015) 'School Food Standards'
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)

This policy operates in conjunction with the following school policies:

- Healthy Eating and Drinking Policy
- Allergen and Anaphylaxis Policy
- Whole-school Food Policy
- Health and Safety Policy
- Complaints Procedures Policy

2. Roles and responsibilities

The governing board is responsible for:

- The overall implementation of this policy.
- Ensuring that this policy does not discriminate on any grounds, including, but not limited to, ethnicity/national origin, culture or religion.
- Handling complaints regarding this policy, as outlined in the setting's Complaints Procedures Policy.
- Ensuring the setting uses reliable suppliers for the food purchased.
- Informing parents who provide food for their children about the storage facilities available in the setting.

The EYFS lead, in conjunction with the headteacher, is responsible for:

- The day-to-day implementation and management of this policy.
- Reviewing menus and meal times to ensure children's needs are being met.
- Ensuring equipment is suitable for its use and providing separate facilities for hand-washing and for washing up in the kitchen area.
- The EYFS lead has the responsibility of ensuring all staff members are trained in basic food safety and hygiene.
- Ensuring parents are given adequate notice of any changes to food choices or any other aspect of food provision.

All early years staff are responsible for:

- Sitting with children while they eat, where required, and being advocates of healthy eating.
- Discouraging children from sharing or swapping their food in order to protect those with food allergies.
- Treating all children equally, taking account of the eating practices in their cultures.

Parents are responsible for:

- Providing the setting with information on their child's dietary requirements, preferences and food allergies.
- Providing specialist food for their child, where they may have an allergy, intolerance or medical need.

3. Food and drink served

Foods that are high in fat, salt and sugar will be limited

Fridges and store cupboards will be cleaned regularly to ensure they are clean. Food stored in the fridge will be kept at 5°C or lower and, where necessary, reheated until piping hot throughout. Food will be stored in sealed plastic containers, and tin cans will never be stored in the fridge.

Fresh drinking water will be available and accessible at all times and children will be encouraged to drink regularly.

Milk will be served with the morning or afternoon snack (children attending part-time will always be offered milk with their snack).

All dairy products will be full fat. Children over two will also be allowed semi-skimmed products. Soya drinks are only given as a substitute for cow's milk with the agreement of the child's parents.

Staff will not consume carbonated drinks in the presence of children.

4. Eating environment

The eating environment will be comfortable and relaxed. Children will be given plenty of time to feed themselves and hold feeding utensils.

Children will be provided with utensils that are appropriate for their age and stage of development.

Staff will sit with children while they eat and encourage interaction at each table. Children will be observed to ensure they are drinking and eating enough, and staff will be aware of the behaviour that may suggest a child is thirsty or hungry.

Children will be encouraged to develop good eating skills and table manners.

Snack times will be used to help children develop independence, through making food choices, serving food and drink, and feeding themselves.

5. Celebrations and special occasions

Parents will be encouraged to bring in healthier food, or non-food items (such as stickers), instead of cakes or sweets for birthdays and other celebrations.

6. Allergies and special requirements

Parents will make the setting aware of any allergies their child has and the actions that need to be taken if a reaction occurs.

A protocol will be established and made accessible to all staff to ensure everyone is aware of a child's allergies and symptoms.

Where it is suspected that a child has an allergy, the setting will encourage the child's parents to seek advice and diagnosis from their doctor.

The setting will ensure children with allergies are not exposed to foods that trigger allergies. Appropriate alternatives will be identified to ensure the child still eats a balanced diet.

All staff will be instructed, where necessary, to ensure they understand how to identify which allergens are present in every snack provided.

All food that is pre-packed for direct sale (PPDS) will have the name of the food and the full ingredients list, with allergens emphasised, e.g. in bold, italics or a different colour, clearly displayed.

All preparation of food containing common allergens, e.g. nuts, will be kept completely separate from other food preparation.

There will be a set of kitchen utensils that are only for use with the food and drink of the children at risk of allergic reactions. There will also be a set of kitchen utensils with a designated colour. These utensils will be used only for food items that contain bread and wheat related products.

Food items containing nuts, bread and wheat will be stored separately.

Learning activities which involve the use of food will be planned in accordance with children's individual healthcare plans (IHPs), taking into account any known allergies of the children involved.

Foods containing gluten will not be given to children under the age of six months.

Children will be discouraged from sharing or swapping their food with other children.

Food provided for children with allergies will be managed in accordance with the Allergen and Anaphylaxis Policy.

Appropriate provision will be made for parental preferences, including cultural and religious food sensitivities, e.g. providing halal and kosher food as appropriate.

7. Food brought in from home

Food that is brought into the setting from home will comply with this policy and include the foods outlined in [section 3](#) of this policy.

Food and drink will be appropriately labelled with the child's details, safely stored until needed and heated properly, if necessary.

Any food that is not consumed during the day will be sent home with the child.

8. Eating habits

All children will be supported to manage their own personal needs as far as possible, including understanding the importance of healthy food choices.

At meal times, fussy eaters will be seated with children that are more adventurous with their food to encourage the adoption of different food preferences.

Children will be regularly exposed to new foods in order to increase their liking for, and consumption of, a variety of new foods (providing these foods meet their specific dietary requirements).

Favourite foods will not be used as a reward to encourage children to eat foods they do not like.

The setting is aware that some children will have allergies or different dietary requirements; this will be taken into account when encouraging children to try new foods.

Before a child is admitted, the setting will obtain information about any special dietary requirements, preferences and food allergies – this information will be recorded and acted upon as appropriate.

Children will never be forced to finish everything on their plate. Small servings will be given, with the opportunity to have second helpings if the first serving is finished.

9. Food safety and hygiene

Food will be stored, prepared and presented in a safe and hygienic environment which is adequately equipped to provide healthy meals, snacks and drinks for children.

Children will be taught basic hygiene, such as not eating food that has fallen on the floor and washing their hands before eating and after using the toilet.

All staff will receive training in food hygiene before preparing or handling food.

All staff involved in preparing food for young children, or helping them eat, will be aware of the requirements of the Food Safety Act 1990.

10. Communication

Parents will be provided with information on the routine snacks that their children are given via the website.

Parents will have access to this policy on the website

11. Monitoring and review

This policy is reviewed annually by the headteacher and EYFS lead.

Any changes to this policy will be communicated, by the headteacher and EYFS lead, to all staff members. Parents of children who attend the early years setting will receive a letter detailing any changes to the policy.

The next scheduled review date for this policy is **Feb 2026**

Letter to parents about pre-made formula and breast milk

Address line one

Address line two

Town

County

Postcode

Date

RE: Children that require pre-made formula or breast milk

Dear name of parent,

At name of setting, we aim to work closely with families to ensure a consistent approach in food provision for infants, both at home and within the setting.

In order to ensure your child continues to receive the right nutrients while attending the setting, we request permission to provide your child with your preferred choice of milk or formula.

Please fill in the form with your details, and indicate whether you will be providing the setting with expressed breast milk or pre-made formula, or whether you are happy for us to provide your child with formula.

Please detach and return the form to the EYFS lead at your earliest convenience.

Kind regards,

Name

Job role

.....

Name of parent: _____

Name of child: _____

Please indicate your child's current diet:

☐ Infant formula only

☐ Breast milk only

☐ Breast milk and other (please specify) _____

Please provide details of your child's current feeding routine:

Please tick as appropriate:

☐ I intend to provide the setting with all of my child's expressed breast milk and/or formula, and **do not** give the setting permission to provide my child with additional pre-made milk and/or formula.

☐ I intend to provide the setting with expressed breast milk and/or formula, and give the setting permission to provide my child with additional pre-made milk and/or formula to meet their nutritional needs.

☐ I will not be providing the setting with any expressed breast milk and/or formula, and give the setting permission to provide my child with pre-made milk and/or formula in line with the dietary needs and routine discussed.

Please provide any further details that you believe relevant:

I confirm that the information I have provided is correct.

If any of the above information changes I will inform the **EYFS lead** immediately.

Signed: _____

Name (please print): _____

Date signed: _____