



St Margaret Clitherow Nursery EYFS Nutrition Policy Sept 2025-2026

Approval Information		
Reviewed by:	Headteacher Mrs A Mulholland	
Approved by:	Management Committee	
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Next Review date:	July 2026	

Document History	
V1.0	Original

1. Policy Statement

At St Margaret Clitherow Nursery, we are committed to promoting healthy eating habits and supporting the wellbeing and development of all children. We recognise the vital role of nutrition in children's growth, behaviour, and ability to learn. This policy outlines our approach to food, snacks, drinks, mealtimes, and the development of positive attitudes towards food in line with the *Statutory Framework for the EYFS (2024)* and the *2025 School Food Standards Guidance*.

2. Aims and Objectives

We aim to:

- Provide children with nutritious and balanced snacks and meals.
 - Encourage children to make healthy food choices and develop lifelong healthy habits.
 - Support families in developing good food habits at home.
 - Ensure all food provided meets dietary, cultural, and religious needs.
 - Offer a safe, supportive, and social eating environment.
 - Promote allergy awareness and ensure the safety of all children with dietary restrictions.
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3. Mealtimes

- We provide a **mid-morning snack** and an **optional school lunch** for children staying for a full day.
 - A **nutritious lunch** can be provided by the **school kitchen**, which complies with the **2025 School Food Standards and nutrition guidance**.
 - Parents are asked to provide:
 - **One piece of fruit per day** (prepared and ready to eat) for children attending a **half-day session**
 - **Two pieces of prepared fruit per day** for children attending a **full-day session**
 - All children must bring a **named water bottle** containing **only plain water**, which is kept accessible and refilled throughout the day.
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4. Food Brought from Home

If a child does not take a school meal and brings a packed lunch:

- Parents must follow our **Healthy Lunchbox Guidance**, encouraging a balance of carbohydrates, protein, dairy, fruit, and vegetables.
- **Sweets, chocolate bars, fizzy drinks, nuts, and nut products are not permitted** in packed lunches.

- Packed lunches should not require refrigeration or reheating, and should be clearly labelled. Parents may place appropriate ice-packs to keep items cool.

● **We are a *No Nuts* school.** Due to children in the nursery and wider school with serious nut allergies, *no nuts or nut-based products are permitted on site under any circumstances*. This includes peanut butter, chocolate spreads containing nuts, and nut-based snack bars.

5. Dietary Requirements

- We work closely with parents to meet all children's dietary needs including allergies, intolerances, cultural or religious preferences, and any specific medical or parental requirements.
 - Dietary needs are identified upon admission and reviewed regularly.
 - All dietary needs are clearly displayed for staff in food preparation and serving areas.
 - Staff receive appropriate **allergy awareness and food hygiene training**, and robust procedures are in place to prevent cross-contamination.
 - Parents **MUST** inform the Nursery Manager if their child has an allergy or intolerance.
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6. Cultural and Religious Considerations

We respect and accommodate all cultural and religious dietary requirements. Parents are encouraged to share relevant information during admission. Where appropriate, the nursery and school kitchen can provide **vegetarian** meal options, or other alternatives by arrangement.

7. Healthy Eating Curriculum

Healthy eating is embedded in our curriculum through:

- Discussions, stories, and role play
- Cooking, tasting, and gardening activities
- Celebrations of cultural and religious food traditions

These activities support children in developing a positive attitude to healthy eating and food diversity.

8. Promoting Independence and Social Skills

- Mealtimes are calm, social occasions where children:
 - Are encouraged to develop good table manners and conversation skills
 - Gain independence by pouring their own drinks, serving food, and clearing up
 - Learn to enjoy food in a positive and unhurried environment
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9. Staff Training and Food Hygiene

- All staff involved in food handling or serving receive **up-to-date food hygiene and allergy training**.
 - Food preparation and serving follow local authority **environmental health standards** and best practice procedures.
 - Meals provided by the school kitchen are prepared by trained staff to meet the **2025 nutritional guidelines**.
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10. Monitoring and Review

- This policy is reviewed annually or in response to new statutory guidance or changes in practice.
 - Feedback from parents, staff and children is welcomed as part of the review process.
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