

# Abercromby Nursery School

## Food and Nutrition Policy



June 2025

🌱 **From little seeds, do great trees grow** 🌱

## **Abercromby Nursery School: Food and Nutrition Policy**

### **Introduction**

At Abercromby Nursery School, we recognise the vital role that good nutrition plays in supporting the health, development, and well-being of young children. This policy outlines our approach to food and nutrition, aligned with the Early Years Foundation Stage (EYFS) statutory requirements and nutrition guidance (May 2025).

### **Our Commitment**

We are committed to providing healthy, balanced, and nutritious, snacks, and drinks to all children in our care. We aim to foster positive attitudes towards food and mealtimes and to support children in developing healthy eating habits that last a lifetime.

Our Physical Activity and Nutrition Coordinator (PANCo) helps practitioners lead continuous improvements around physical activity and nutrition within our setting, supporting the prevention of obesity. Our PANCo acts as an agent for change, championing health and wellbeing in the setting.

### **1. Meals, Snacks and Drinks**

- All snacks are planned in line with the EYFS food and drink guidelines, including the 4 main food groups: fruit and vegetables; starchy carbohydrates; dairy or dairy alternatives; and protein foods (e.g. beans, pulses, meat, fish, eggs).
- We do not prepare meals on site.
- Water is available to children at all times.
- Only plain milk and water are served as drinks. Sugary drinks and fruit juices are not offered.
- We limit salt, sugar and saturated fat in all food provided.
- Semi – skimmed milk is served to children aged 2 years and over.

### **2. Snack Menu Planning**

- Weekly menus are carefully planned to provide variety, cultural diversity, and nutritional balance.
- Seasonal and cost-effective ingredients are used wherever possible.
- We avoid foods high in sugar, salt, and saturated fat and minimise the use of processed foods

### **3. Food Provided from Home**

- We request that packed lunches provided from home align with our healthy eating principles.
- Parents are provided with guidelines to help ensure consistency with our in-setting food provision.
- We do not reheat food brought from home.
- All food from home must be clearly labelled and stored safely. Ice packs are recommended to keep food cool.

### **4. Special Dietary Requirements**

- We cater for all dietary requirements, including those related to allergies, intolerances, religious beliefs, and ethical choices (e.g. vegetarian or vegan diets).
- Parents must inform the school of any dietary needs before their child starts.
- Children's allergies and medical information are displayed throughout the school.

- We avoid all known allergens for affected children and ensure appropriate training for staff.

## **5. Mealtime Environment**

- Lunchtimes are social, calm, and inclusive.
- Children are encouraged to feed themselves and try new foods, but are never forced to eat.
- We model positive eating habits and use appropriate language around food.
- Cultural and individual preferences are respected and celebrated.

## **6. Celebrations and Special Occasions**

- We encourage healthy options for birthdays and special events (e.g. fruit platters).
- Sweets, cakes, and sugary foods are discouraged.
- Non-food items (e.g. stickers, bubbles) are promoted as alternatives for celebration.

## **7. Education and Food Activities**

- Food and nutrition are embedded in our curriculum through cooking, growing food, and sensory exploration.
- We aim to develop children's understanding of where food comes from and how to make healthy choices.
- Parents are invited to participate in food-related activities and workshops.

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

- All food is prepared and served in line with food hygiene regulations.
- Staff are trained in food safety and choking prevention.
- We use safe preparation techniques and appropriate portion sizes based on age and development.

## **Monitoring and Review**

This policy is reviewed annually by staff and the governing body, with input from parents and carers. Any updates in EYFS nutrition guidance or health advice will be reflected in our practice.