

**REDDIFORD SCHOOL**

**EYFS**

**POLICY FOR FOOD AND NUTRITION**

**To be used in conjunction with;**

**Medical Policy**

**DfE Early Years Foundation Stage nutrition guidance. Guidance for group and school-based providers and childminders in England**

## **POLICY FOR FOOD AND NUTRITION**

At Reddiford, we are committed to promoting the health and wellbeing of all children in our care. We recognise the importance of establishing healthy eating habits in the early years and aim to provide a safe, supportive environment where nutritious food is offered and enjoyed.

### **AIMS AND OBJECTIVES**

We aim to:

- Provide balanced and nutritious meals through Todmorden.
- Make it clear to parents that only fruit or vegetable snacks should be provided and only water to drink.
- Promote lifelong healthy eating habits and food education.
- Cater for all dietary requirements, allergies, intolerances, and cultural or religious practices.
- Foster a mealtime environment that is inclusive, relaxed, and social.
- Partner with parents and carers in supporting children's nutritional needs.

### **FOOD AND DRINK PROVISION**

We will:

- Advise parents about nutritious and healthy packed lunches.
- Advise parents about portion size and food group recommendations.
- Advise parents to only provide water.

Todmorden will:

- Provide nutritious, healthy and balanced hot lunches.
- Limit foods high in salt, sugar, and saturated fat.

## **SPECIAL DIETARY REQUIREMENTS**

- We collect and review up-to-date dietary information for all children, including food allergies, intolerances, and cultural or medical requirements.
- Food substitutions will be made safely and appropriately.
- Allergy and dietary needs will be clearly communicated to all relevant staff, with pictorial allergy charts displayed in the hot lunchroom.
- Staff will be trained in allergy awareness and first aid.
- Staff will be made aware of food intolerances such as Coeliac disease.

## **FOOD FOR RELIGIOUS FAITHS AND BELIEFS**

- We will engage in open communication with parents and carers about dietary needs according to their religious faiths or beliefs.

## **FOOD SAFETY AND HYGIENE**

Todmorden will comply fully with:

- **Food Standards Agency (FSA)** guidance.
- **Safer Food, Better Business (SFBB)** toolkit.
- **Environmental Health Officer (EHO)** inspections.

All Early Years staff have Food Hygiene Level 2 training.

## **MEALTIME ENVIRONMENT**

- Mealtimes are a calm, social, and inclusive experience.
- Children are encouraged to try new foods without pressure.
- Children are taught basic table manners and food-related vocabulary.
- Staff encourage children to make healthy choices.

- We use age-appropriate utensils and seating.
- Food is never used as a reward or punishment.

### **PACKED LUNCHES**

We provide guidance to families on healthy packed lunches that meet UK dietary standards. Foods such as sweets, chocolate bars, fizzy drinks, and crisps are discouraged. Parents are encouraged to include:

- At least one portion of fruit or vegetables.
- A source of protein (e.g. lean meat, egg, beans).
- A starchy food (e.g. bread, rice, pasta).
- A dairy item or alternative.
- An icepack in warm weather.

### **PARTNERSHIP WITH PARENTS OR CARERS**

We value parents' and carers' input and will:

- Share menus in advance and encourage feedback.
- Inform hot lunch parents if we are concerned about their child's eating.
- Send home food left over in packed lunches so parents can see what their child has eaten.
- At parent meetings share information on healthy eating.

### **CELEBRATIONS**

- For special events such as a child's birthday any food brought in from home should be healthy such as fruit platters.
- Nonedible options are allowed such as bubbles or stickers.
- Chocolates, cake or sweets are not allowed.

## **MONITORING AND REVIEW**

- This policy will be reviewed yearly or sooner if needed, in line with changes to government guidance or setting needs.
- We will regularly feedback to Todmorden to review menus and adjust based on feedback and nutritional updates.