

DERBYSHIRE LA



FOOD AND NUTRITION POLICY

South Normanton Nursery School

Adopted at the meeting of the Full Governing Body on **7th October, 2025**

Minute Number **16/26**

Chair of Governors

Record of Policy Amendment / History

Version/ Issue	Date	Author	Reason for Change
Version 1	Aug 2025	PH	New Policy

Food and Nutrition Policy

At South Normanton Nursey School we are committed to promoting healthy eating habits and ensuring that all children receive a nutritious and balanced meal while in our care, whilst also ensuring that healthy eating is part of our curriculum. In accordance with the Early Years Foundation Stage (EYFS) nutrition guidance released in April 2025, we ask parents and carers to provide a healthy packed lunch. We develop our policy in partnership with children and give children choices wherever possible, such as at snack time.

We ensure breakfast sessions and lunchtimes are a calm and positive part of our day. While we never pressure children to eat, we gently encourage them to try a range of foods and celebrate healthy choices.

What We Provide

We hold a breakfast session from 7:30 am, where children are offered a range of fruit, cereal and toast, along with water and milk. Cereals are chosen that are not sugar based and the bread provided is wholemeal.

We provide healthy snacks during the day, such as fruit, vegetables, breadsticks, cheese, biscuits, toast and cereals. Children have access to water throughout the day and water and milk at snack time.

We ensure that children with allergies to foods or drinks, have an alternative snack or drink available to them.

Some children with Special Educational Needs will not drink water or milk, due to their needs. Where this is the case, parents will provide drinks that they will be able consume.

Packed Lunch Expectations

Parents are responsible for providing their child's packed lunch on days they attend over lunchtime.

We will check all packed lunches at the start of lunchtime. We kindly ask that packed lunches include:

- A portion of starchy food (e.g. bread, pasta, rice, or wraps).
- At least one portion of fruit or vegetables.
- A source of protein (e.g. meat, eggs, beans, lentils, or fish).
- A dairy item (e.g. cheese, yoghurt or a suitable alternative).

We ask that the following items are avoided:

- Confectionery such as sweets, chocolate bars or cakes.

- Foods high in salt or saturated fat (e.g. crisps, sausage rolls) should be limited.
- Marshmallows, popcorn, boiled sweets and jelly cubes (all of which are choking hazards).

Mealtimes are a calm and social part of our day. We are a packed lunch setting and this in itself can introduce children to a new range of foods that they see other children and staff are enjoying. Staff support children during lunchtime to model eating, behaviour and to support with opening containers etc. We provide gentle encouragement for children to try new foods in a pressure-free way. Staff supervising mealtimes have all completed Paediatric First Aid training.

Food Safety and Storage

Please note that we do not have the facilities to reheat or refrigerate food. To keep packed lunches safe and fresh:

- Use an insulated lunch bag or box, clearly labelled with your child's name.
- Include ice packs to keep perishable items cool.
- If sending a warm meal, please use a child-friendly food flask designed to retain heat.

Allergies and Dietary Needs

To ensure the safety of all children:

- Please do not include any food items containing nuts, as we are a nut-free setting.
- Inform us of any dietary needs or allergies your child has (this information is requested on a child's registration form however we must be notified of any changes to your child's dietary needs or allergies). This also includes cultural preferences.

Celebrations

As a nursery, we will occasionally provide a variety of foods as part of cultural celebrations or as part of themed activity days with parents. During this time we ensure that allergies and dietary needs are taken into account and provided for. Portions are limited and are based on an appropriate snack size.

Cooking and Learning about Food

Cooking and learning about food is a key part of our curriculum. We teach children about both healthy and fatty foods and encourage them to make good choices. We grow healthy fruit and vegetables in our own outdoor area. We also make our own compost from fruit peelings teaching children about sustainability. When cooking with children, we make sure we are cooking with a range of different foods.

Food safety and Hygiene

We ensure that all staff complete allergy training and are made aware of children's individual dietary needs which are also recorded on a Medical Sheet in the kitchen. All epi pens are clearly labelled and stored in the medication cupboard. Staff involved in the nursery breakfast session, and identified staff members have Food Hygiene training.

Sustainability

We grow our own fruit and vegetables and use this for both snacks and for learning about different fruit and vegetables. We also make our own compost using fruit peelings.