EYFS
Food and Nutrition Policy

BLEAN PRIMARY SCHOOL

Policy Written Date: May 2026

Headteacher: Mr I Rowden

Chair of Governors: Mr H Samuelson

Date of Next Review: May 2027

This policy will be reviewed annually, or sooner if guidance changes

Responsible Lead: Early Years Lead

Ratified by: Governing Body

BLEAN PRIMARY SCHOOL EYFS FOOD AND NUTRITION POLICY

Introduction
At Blean Primary School, we are committed to providing a safe, healthy, and nurturing environment for our youngest learners.

This policy is written in line with the Statutory Framework for the Early Years Foundation Stage (DfE, latest version) and reflects current national guidance on nutrition and safer eating. We ensure that all children have access to healthy, balanced food and drinks, that their individual dietary needs are met, and that robust procedures are in place to minimise risks, including choking and allergic reactions. Mealtimes are carefully structured to promote children's safety, wellbeing, independence, and social development.

Safer Eating & Supervision
To ensure the safety of all children during mealtimes and snack times:

Paediatric First Aid (PFA)
At least one member of staff with a current Paediatric First Aid (PFA) certificate is present at all times and facing the children, when food is consumed, in line with EYFS requirements. Children are always within sight and hearing of staff during eating. Adequate supervision is maintained at all times to ensure children eat safely and to reduce risk of choking.

Active Supervision
Staff will sit with children to model healthy eating and social skills, remaining vigilant for signs of choking or allergic reactions.

Preparation of snacks and cooking
All snacks or food will be prepared by a member of the EYFS staff who has received the appropriate 'Food Hygiene certificate' and all food will be prepared in a suitably equipped hygienic area.

All staff follow robust hygiene procedures, including handwashing before food preparation and eating, and safe storage and handling of food in line with Food Standards Agency guidance.

Choking Prevention
High-risk foods (e.g., grapes, cherry tomatoes, sausages) will be prepared safely - sliced lengthwise into quarters or thin strips.
https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety

Environment
Mealtimes will take place in a designated area with minimal distractions. Children will be seated in age-appropriate seating to support safe swallowing.

Nutrition & Dietary Management
We follow the Early Years Foundation Stage Nutrition Guidance Framework to support optimal development of our pupils' wellbeing:
https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf
Mealtimes are used as opportunities to support children's personal, social and emotional development and communication skills.

Balanced Meals
Every main meal includes at least one portion of vegetables or fruit (excluding dried fruit as a snack).

Drink Policy
Only fresh tap water and plain milk are provided. We do not allow squash, fruit juices, or fizzy drinks. Children are encouraged to develop independence, for example by pouring drinks and making choices where appropriate.

Individual Health Care Plans (IHCPs)
IHCPs are created for every child with a diagnosed allergy. At every meal, a staff member is responsible for checking that the food served matches each child's specific dietary needs.

Blean Primary is a **Nut-Free School**.

Cultural, Dietary and SEND inclusion
We respect and accommodate cultural, religious, and ethical dietary requirements and ensure all children can participate fully and safely in mealtimes. This policy is implemented in line with the Equality Act 2010.

Food from Home (Packed Lunches)
We encourage parents to align packed lunches with our Healthy School Lunch and Snack Guidance: see Appendices A and B

Monitoring & Incidents
All incidents, including choking episodes and near misses, are recorded, reviewed by senior leaders, and used to inform risk assessments and staff practice. Parents will be informed immediately if any incidents take place. Staff will monitor children's intake and share any concerns regarding fussy eating or poor nutrition with parents to find supportive solutions.

Leaders monitor implementation through observations and review of records to ensure consistent practice across the setting.

Appendix A
Guidance for Saplings Pre-school pupils

At Saplings Pre-School we are committed to supporting children's health, wellbeing, and safety. We are therefore sharing our updated guidance on packed lunches and snacks, in line with the Food Standards Agency and NHS choking prevention advice, and the DfE's EYFS nutrition guidance (2025).

Healthy Packed Lunches

We encourage parents and carers to provide balanced, nutritious lunches that support children's growth, learning, and energy levels throughout the day. A healthy packed lunch should include:

- A portion of starchy food (e.g. bread, wraps, pasta, or rice)
- A source of protein (e.g. cheese, eggs, beans, hummus, or lean meat)
- At least one portion of fruit and/or vegetables
- A dairy item (e.g. yogurt or cheese)
- A drink of water or milk (no fizzy or sugary drinks)

We ask that chocolate, sweets, and high-sugar snacks are kept to a minimum in line with national healthy eating guidance.

Snack Suggestions

We continue to provide daily fruit and the offer of milk at snack times. If an additional snack is required, please provide simple and healthy options such as:

- Fresh fruit (prepared safely – see guidance below)
- Vegetable sticks (e.g. cucumber, pepper, or lightly steamed carrot batons)
- Plain crackers or breadsticks
- Cheese or yogurt

Important: Choking Prevention Guidance

The safety of all children is our highest priority. Following NHS and DfE guidance on reducing choking risks in young children, please ensure:

- Grapes and cherry tomatoes are cut lengthways into quarters
- Blueberries and similar fruits are halved where appropriate
- Hard fruits and vegetables (e.g. apples, raw carrots) are sliced thinly or softened
- Sausages are cut lengthways and then into small pieces
- Whole nuts, popcorn, and hard sweets are **not included**, as these are not suitable for children under 5

These simple steps help us to create a safe eating environment for all children.

Allergies and Food Safety

We are a nut-free school, so we ask that no nut-based products are included in lunchboxes. If your child has specific allergies or dietary requirements, please continue to follow their individual health care plan and speak to a member of staff if you have any concerns.

All staff are made aware of children's dietary needs, allergies, and medical conditions. Information is accessible in the learning environment and reviewed regularly. Staff are trained to respond to allergic reactions in line with individual healthcare plans.

Working Together

Our aim is to promote healthy eating habits from an early age while ensuring consistency between home and school. We greatly appreciate your support in helping us maintain a safe and healthy approach for all children in Saplings Pre-School. If you would like further ideas or support with preparing healthy lunchboxes, please do not hesitate to speak with a member of the Saplings team.

Thank you for your continued support.

Appendix B
Guidance for Year R pupils

At Blean Primary School, we are committed to supporting children's health, wellbeing, and safety. We are therefore sharing our updated guidance on packed lunches and snacks, in line with the Food Standards Agency and NHS choking prevention advice, and the DfE's EYFS nutrition guidance (2025).

Healthy Packed Lunches

We encourage parents and carers to provide balanced, nutritious lunches that support children's growth, learning, and energy levels throughout the day. A healthy packed lunch should include:

- A portion of starchy food (e.g. bread, wraps, pasta, or rice)
- A source of protein (e.g. cheese, eggs, beans, hummus, or lean meat)
- At least one portion of fruit and/or vegetables
- A dairy item (e.g. yogurt or cheese)
- A drink of water or milk (no fizzy or sugary drinks)

We ask that chocolate, sweets, and high-sugar snacks are kept to a minimum in line with national healthy eating guidance.

Snack Suggestions

We continue to provide daily fruit and the offer of milk at snack times. If you would like to add extra snack please provide simple and healthy options such as:

- Fresh fruit (prepared safely – see guidance below)
- Vegetable sticks (e.g. cucumber, pepper, or lightly steamed carrot batons)
- Plain crackers or breadsticks
- Cheese or yogurt

Important: Choking Prevention Guidance

The safety of all children is our highest priority. Following NHS and DfE guidance on reducing choking risks in young children under age 5, please ensure:

- Grapes and cherry tomatoes are cut lengthways into quarters
- Blueberries and similar fruits are halved where appropriate
- Hard fruits and vegetables (e.g. apples, raw carrots) are sliced thinly or softened
- Sausages are cut lengthways and then into small pieces
- Whole nuts, popcorn, and hard sweets are **not included**, as these are not suitable for children under 5

These simple steps help us to create a safe eating environment for all children.

Allergies and Food Safety

We are a nut-free school, so we ask that no nut-based products are included in lunchboxes. If your child has specific allergies or dietary requirements, please continue to follow their individual health care plan and speak to a member of staff if you have any concerns.

Working Together

Our aim is to promote healthy eating habits from an early age while ensuring consistency between home and school. We greatly appreciate your support in helping us maintain a safe and healthy approach for all children. If you would like further ideas or support with preparing healthy lunchboxes, please do not hesitate to speak with a member of the Year R staff.

Thank you for your continued support.