

Lytham Church of England Primary School



EYFS Food and Nutrition Policy

To inspire everyone in our school family to be the best they can be within our caring Christian community.

Our strap line is, 'Together We Grow With God'.

Food and Nutrition Policy for Nursery and Reception

Purpose

This policy outlines how Lytham Church of England Primary School promotes healthy eating, safe food practices, and positive attitudes toward food for all children in Nursery and Reception. It supports the Early Years Foundation Stage (EYFS) statutory framework and reflects the school's Christian ethos of care, respect, and community.

Promoting Healthy Eating

Lytham Church of England Primary encourages children in EYFS to develop lifelong healthy habits through a balanced and supportive approach to food.

- Meals and snacks follow the principles of the Eatwell Guide.
- Water is available at all times, and children are encouraged to drink regularly. Children can bring their own water bottle daily which is accessible at all times
- Sugary foods and drinks are not permitted, including fizzy drinks, sweets, and chocolate.
- Celebrations prioritise non-food treats; any food shared must meet healthy-eating expectations and be nut-free.
- Staff model healthy eating and positive attitudes toward food.

Meals and Snacks Provided by the School

Where food is provided by Lytham Church of England Primary:

- All food meets Food Standards Agency and School Food Standards guidance.

- Snacks include fruit or vegetables
- Meals are freshly prepared, nutritionally balanced, and portioned appropriately for young children.
- Staff support children during mealtimes, encouraging independence and social interaction.

Packed Lunches

Parents and carers are encouraged to provide healthy, balanced packed lunches.

A healthy packed lunch may include:

- A sandwich, wrap, pasta, or rice dish
- Fruit and/or vegetables
- Yogurt or cheese
- Water or milk

Items not permitted:

- Fizzy drinks
- Sweets, chocolate bars, or confectionery
- Nuts or nut-based products (due to allergy risk)

The school may contact parents if packed lunches regularly fall outside these expectations, always in a supportive and respectful manner.

Reception children can bring a fruit or vegetable snack for the morning to eat in school. Parents and carers need to chop up grapes, tomatoes and strawberries in line with our EYFS choking policy.

Allergies, Intolerances, and Special Diets

Lytham Church of England Primary is a **nut-free school** to protect children with severe allergies.

- Parents must inform EYFS staff of any allergies, intolerances, or medical dietary needs.
- Individual Health Care Plans are created for children with medical dietary requirements.
- Staff in EYFS receive training in allergy awareness and food safety.
- Allergen information is monitored and recorded in line with Natasha's Law.
- Cross-contamination procedures are strictly followed.

Mealtime Environment

Mealtimes at Lytham Church of England Primary for EYFS children are calm, social, and nurturing.

- Children are encouraged to try new foods but are never forced to eat.

- EYFS staff sit with children to support conversation, model table manners, and encourage independence.
- Children are supported to use cutlery, and clear their plates where appropriate.
- Mealtimes are used to develop language, social skills, and understanding of healthy choices.

Food Hygiene and Safety

- All Nursery staff handling food follow Food Hygiene Level 2 standards.
- Food preparation areas are cleaned before and after use.
- Children in EYFS wash hands before eating and after toileting.
- Hot food (provided by the kitchen) is stored and served at safe temperatures.
- All food activities follow strict hygiene and allergy procedures.

Curriculum Links

Healthy eating is embedded across the EYFS curriculum at Lytham Church of England Primary.

- Children learn about food through stories, role play, gardening, cooking, and discussions.
- Activities help children understand where food comes from and how it supports growth and health.
- Cooking activities are supervised closely and follow hygiene and allergy protocols.

Partnership with Parents and Carers

The school works closely with families to support healthy eating habits.

- Parents receive guidance on healthy snacks and packed lunches.
- Staff communicate sensitively about any concerns regarding a child's eating patterns.
- Cultural and religious dietary practices are respected and incorporated into planning.
- The school encourages open communication about food-related needs or concerns.

Monitoring and Review

- EYFS staff observe children's eating habits and note any concerns.
- The policy is reviewed annually or sooner if guidance changes.
- Feedback from staff, parents, and children (where appropriate) informs updates.
- The Senior Leadership Team oversees implementation and compliance.

Signed: Miss V Harter

Date: March 2026

Review Date: September 2027

Agreed by Governors: July 2026