



# St Margaret's Nursery

## Food and Nutrition Policy

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1	September 2025	Nichola Rea	TBC	STC	

<b><i>Type of Policy</i></b>	<i>Tick</i> ✓
DCAT Statutory Policy	
DCAT Non-statutory Policy	
DCAT Model Optional Policy	
Academy Policy	✓
Local Authority Policy	

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<b>Type of Policy:</b>	

# Food and Nutrition policy

At St Margaret's Nursery we are committed to promoting and developing good healthy eating habits in an environment that promotes positive healthy choices. We aim to ensure that healthy eating forms part of our curriculum and that we work in partnership with parents/carers to support health and dietary needs, requests and preferences.

Staff are committed to support both parents/carers and children to understand how balanced nutrition contributes to a person's health, happiness and wellbeing.

'Where children are provided with meals, snacks, and drinks, these must be healthy, balanced and nutritious. To understand how to meet this requirement, providers must have regard to the 'Early Years Foundation Stage nutrition guidance'. Fresh drinking water must always be available and accessible to children' (Statutory framework for the EYFS)

## **What we provide.**

We provide a healthy snack during the morning such as whole fruits and vegetables alongside milk and water. Parents/Carers are responsible for ensuring children arrive at the nursery with a filled water bottle and providing their child's packed lunch.

## **Packed lunch expectations**

We advise that your child's lunch contains

- **A portion of carbohydrate** (such as a sandwich, wrap, pasta or rice)
- **At least one portion of fruits or vegetables**
- **A source of protein** (meat, fish, eggs)
- **A dairy item** (such as cheese or yogurt)

We ask that the following items are avoided within lunch boxes

- Confectionary such as sweets, cakes or chocolate bars this includes raisins, fruit winders etc which are high in sugar and stick to children teeth
- All Sugary drinks children can access water from the water machine to refill their bottles
- Foods such as hot dogs, popcorn and marshmallows (these are all common choking hazards)

## **Allergies and Dietary needs**

**We are a nut and shellfish free school please do not include any of these items in your child's lunch.**

It is a parent's/carers responsibility to inform us of any dietary needs, intolerances or allergies prior to your child starting nursery (this information is requested on your child's registration form but should be regularly reviewed. This includes cultural preferences)

Cultural and religious diets will be respected and valued.

Key persons will work in partnership with parents/carers and outside agencies to support children with additional/dietary needs. A health care plan will be created to clearly outline the details of the child their dietary/medical needs and the steps that need to be taken to meet the needs within the plan.

Any emergency medication will be kept within the nursery and training undertaken to administer where appropriate.

It is essential that everyone involved in handling, preparation and serving of food ensures that each child's specific needs are met. We aim to create a safe and inclusive environment for all children to eat. We ensure that all staff hold a Food Hygiene Certificate and receive specific training in managing food allergies (this includes the use of epi-pens).

All staff are made aware of children's allergies and dietary needs and how to manage these. Staff hold full Paediatric First Aid Certificates.

Staff sit with children during snack and lunch times (whenever a child is eating) not only to manage safer eating but to encourage the children and share social interactions.

### **Food safety and storage**

Please be advised that we do not have the facilities to refrigerate or reheat foods.

- Please include an icepack to keep foods cool
- Use insulated lunch bags clearly labelled with your child's name
- Please use a child friendly food flask for foods you wish to keep warm
- Please ensure that grapes and cherry tomatoes are cut up

### **Sustainability**

Where possible to encourage sustainably we aim to reduce the use of sandwich bags and clingfilm. Small reusable plastic tubes are recommended. Children are encouraged to use our food waste and recyclable bins.

### **Curriculum**

Through our curriculum we aim to:

- Help children understand their growth and a healthy body
- Promote and support healthy eating
- Learn about different food groups, cultures and religions and share in celebrations.
- Offer opportunities to explore new foods through cooking and food tasting activities
- Promote the importance of physical exercise and outdoor learning
- Develop understanding around food growth and sustainability
- Learn about oral health
- All staff support physical activity and nutrition as part of continuous provision and Ordinarily Available Inclusive Practice OIAP

### **Celebrations**

As a setting we value celebrations and encourage all children to share their celebrations with us. Often families want to share birthday treats with their child's peers however we actively encourage parents to donate one storybook or a pack of pencils/pens, bubbles or stickers for the children to enjoy rather than sweet treats such a cake.

Please see helpful links below for more information:

- [https://www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazards%20Table\\_English.pdf](https://www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazards%20Table_English.pdf)
- [Lunchbox ideas and recipes – Healthier Families - NHS](#)
- [https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early\\_years\\_foundation\\_stage\\_nutrition\\_guidance.pdf](https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf)