

William Cassidi Church of England
Primary School

Early Years Foundation Stage (EYFS)
Nutrition Policy

'Life in all Fullness'
(John 10:10)



As a school, we want to provide learners with the very best education. To let them experience life in all its fullness and living with all their heart. Our main core value of love underpins all that we do. Our school is Christ-centred and our core Christian values of love, respect, courage, service and resilience flow through every aspect of school life. It is on this bedrock that we provide an excellent education for our whole school family. We want our entire school community to be the very best that they can be and to recognise that they are precious, loved and valued.

Policy Statement

At William Cassidi C of E Aided Primary School, we recognise that good nutrition underpins children's health, wellbeing and ability to learn. In line with the EYFS 2025 Statutory Framework and the EYFS 2025 Nutrition Guidance, we are committed to ensuring that food and drink provided in our EYFS setting supports growth, development, and positive lifelong attitudes to eating. Our school vision is 'Life in all Fullness' and we recognise that for our vision to be 'lived' we need to provide children with the positive experiences of diet and eating for health, wellness and nutrition.

Aims

- To provide healthy, balanced meals, snacks, and drinks that meet EYFS 2025 standards.
- To ensure food provision and practice safeguard children's health and safety.
- To respect all children's cultural, religious, and medical dietary needs.
- To teach children about healthy choices through daily routines and planned learning.
- To create a safe, inclusive, and positive eating environment.

Food and Drink Provision

Balanced Meals and Snacks:

- All food provided reflects EYFS 2025 guidance, including a daily variety of fruit, vegetables, starchy foods, protein, and dairy.
- Foods high in salt, sugar, or saturated fat are limited.
- Fresh drinking water is available at all times; milk is offered daily.

Food Preparation:

- Food will be prepared hygienically in line with food safety standards.
- Grapes, cherry tomatoes, and similar foods will be sliced lengthways to reduce choking risk.

- Hard foods such as raw carrots and apples will be grated, thinly sliced, or lightly cooked before serving.
- Staff will follow EYFS guidance on portion sizes appropriate for age.

Packed Lunches:

- Parents providing packed lunches will be given guidance on healthy, balanced options in line with EYFS standards.

Safety, Supervision, and First Aid Supervision:

- Children will always be seated while eating or drinking.
- Meals and snacks will be closely supervised by staff who are trained to recognise signs of choking.

Paediatric First Aid:

- At least one member of staff with current Paediatric First Aid training will be present at all times when children are eating.
- All staff are aware of emergency procedures for choking or allergic reactions.
- All choking incidents will be logged.

Cultural and Dietary Needs, Allergies and Intolerances:

- A clear register of children with allergies or special dietary needs will be displayed in food preparation and eating areas (with parental consent).
- Strict procedures are followed to prevent cross-contamination.
 - Emergency medication (e.g. EpiPens) are easily accessible and staff are trained to use.
- We recognise and respect the diverse cultural, religious, and ethical dietary practices of our children and families. Our setting will ensure that all food provided is inclusive and appropriate by:
 - Consulting with families about their dietary requirements and preferences

- Providing suitable alternatives that meet cultural and religious needs (e.g. vegetarian, vegan, halal, kosher)
- Ensuring that celebrations and food-related activities are respectful and inclusive of all children
- Avoiding any food that conflicts with children's medical, cultural, or religious needs
- Offering opportunities for children to learn about and appreciate different cultural food traditions in a positive way

Mealtime Environment and Food Education

- Mealtimes are calm, unhurried, and social occasions where children are encouraged to eat independently and make choices.
- Staff sit with children to model good eating habits.
- Children are encouraged, but never forced, to try new foods.
- Food is not used as a reward or punishment.
- Cooking, gardening, tasting, and food exploration activities are part of the curriculum to build awareness of healthy eating.

Celebrations and Special Occasions

- Celebrations are an important part of EYFS life and provide opportunities for cultural learning.
- Foods provided during celebrations will be consistent with EYFS nutrition guidance (e.g. fruit platters, vegetable sticks, wholemeal bread, yoghurt).
- Parents are encouraged to support healthy celebration choices if contributing food.
- Alternatives are always provided so all children can take part regardless of allergies, medical needs, or dietary beliefs.

Partnership with Parents and Carers

- Parents are informed about the school's nutrition policy and provided with practical guidance on healthy eating.
- Healthy eating workshops and resources are offered to support families at home.
- Feedback from parents and carers is welcomed during policy reviews.

Staff Training and Responsibilities

All EYFS staff will receive training in:

- Food hygiene and safe preparation
- EYFS 2025 nutritional requirements
- Allergy awareness and emergency response
- Promoting positive mealtime interactions

The EYFS lead and SLT (Senior Leadership Team) are responsible for monitoring implementation of this policy.

Monitoring and Review

- Food provision will be reviewed termly against EYFS guidance and children's needs.
- This policy will be reviewed annually, or earlier if there are changes to statutory EYFS or nutrition guidance.
- Feedback will be sought from staff, children, and parents as part of the review.

Policy approved by the Governing Body: October 2025
Date for Review: June 2026