



Early Years Nutrition Policy **2025**

Through Christ we believe, inspire, achieve.

Completed by: Louise McIntyre
Last Updated: August 2025
Agreed by Governors: 3rd December 2025
Next Updated: August 2025

1. Curriculum Intent

At English Martyrs' Catholic Primary School, we are committed to promoting and supporting healthy eating habits in our Early Years setting. We recognise the importance of a nutritious diet for the growth, development, and wellbeing of all children. Our approach is fully in line with the latest DfE guidelines, including the *Statutory Framework for the Early Years Foundation Stage* and the *School Food Standards*.

2. Aims

- Ensure all children have access to a balanced, nutritious diet throughout the school day
- Educate children and families about healthy eating
- Foster positive attitudes towards food and mealtimes
- Meet individual dietary needs, including allergies, cultural and religious requirements

3. Food and Drink Provision

Meals and Snacks

- All food and drink provided (including snacks and lunches) will comply with the DfE School Food Standards.
- Snacks offered will include a variety of fruits and/or vegetables and will not contain added salt, sugar, or saturated fats.
- Milk and water will be available and accessible to children throughout the day.
- Sweets, chocolate, and sugary drinks will not be provided at any time.
- Parents have a choice of a school meal or packed lunch from home.

Packed Lunches

- We encourage parents to provide healthy packed lunches in line with our healthy eating guidelines, which are shared annually.
- Guidance for parents includes:
 - At least one portion of fruit and one portion of vegetables each day
 - No confectionery, chocolate bars, or sugary drinks
 - Limited processed foods and salty snacks

Special Dietary Requirements

- We work closely with parents/carers to accommodate allergies, intolerances, or religious/cultural requirements.
- All staff are informed of children's individual dietary needs.

4. Curriculum & Learning

- Healthy eating is embedded across the Early Years curriculum, including through cooking, growing food, and food tasting activities.
- Staff model healthy eating behaviours and discuss the importance of nutrition during mealtimes

5. Food Safety Hygiene

- All staff involved in food preparation have appropriate food hygiene training.
- Food is stored, prepared, and served in accordance with food safety regulations.
- Children are encouraged to wash hands before meals and snacks.

Parents and/or carers should be encouraged to:

- Ensure the food is suitable for their child's individual developmental needs and prepared in a way to prevent choking.
- For perishable items that should be kept cool, pack food in insulated sealed bags. If ice packs are unavailable, the '4-hour rule' can be applied. This rule allows food to be stored outside of chilled conditions for up to 4 hours.
- Clearly label their child's name on the lunch bag.
- Pack foods that can safely be kept at room temperature.

The school does not have to provide refrigeration for packed lunches of children. Likewise, is not required to reheat food brought in by children.

6. Partnership with Parents & Carers

- We share our nutrition policy and healthy eating guidance with parents/carers at the new parents meetings and Autumn term welcome meetings.
- We encourage feedback and provide support for families to promote healthy eating at home.

7. Monitor & Review

- The implementation of this policy is monitored by the Early Years lead and SLT.
- The policy is reviewed annually or in response to updated DfE guidance.