



Food and Nutrition Policy

Setting Name: St Joseph's Catholic Preschool & Nursery

Effective From: September 2025

Review Date: September 2026

1. Policy Statement

This policy outlines our commitment to providing healthy, balanced, and nutritious food to all children in our care, in line with the **EYFS statutory framework 2025**. It also ensures food is prepared and served safely to reduce the risk of choking, and supports children's health, wellbeing, and development. [\[Early Year...n - GOV.UK\]](#)

2. Legal and Statutory Framework

This policy is informed by:

- **EYFS Statutory Framework 2025** – safeguarding and welfare requirements [\[Changes to...ember 2025\]](#)
 - **DfE Early Years Nutrition Guidance (2025)** [\[Early Year...e - GOV.UK\]](#)
 - **Safer Eating Regulations (EYFS 2025, Sections 3.63–3.70)** [\[EYFS 2025...Food Group\]](#)
 - **NHS and Food Standards Agency choking prevention advice** [\[Preparing...Life - NHS\]](#), [\[Early year...ng hazards\]](#)
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3. Aims

- To promote lifelong healthy eating habits.
 - To ensure all food and drink provided is **healthy, balanced, and nutritious**.
 - To reduce the risk of choking through safe food preparation and supervision.
 - To support children with allergies, intolerances, and special dietary needs.
 - To engage families in promoting healthy eating.
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4. Food and Drink Provision

- Fresh drinking water is available **at all times**.
 - Meals, snacks, and drinks provided by the setting follow the **EYFS nutrition guidance**.
 - Food brought from home must meet the same standards; parents are supported with guidance.
 - **No sweets, chocolate, or fizzy drinks** are permitted.
 - Weekly menus are planned by the company Food Smart.
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5. Choking Prevention Measures

To reduce the risk of choking:

- **Small round foods** (e.g., grapes, cherry tomatoes) are cut into **quarters lengthwise**.
- **Firm fruits and vegetables** are steamed or grated for younger children.
- **Sausages and hot dogs** are cut into thin strips and **skins removed**.

- **Bones and skin** are removed from meat and fish.
 - **Whole nuts, popcorn, marshmallows, jelly cubes, and hard sweets** are **not served** to children under 5. [\[Preparing...Life - NHS\]](#), [\[Early year...ng hazards\]](#)
 - Bread is served **toasted or wholemeal**, cut into narrow strips.
 - Children are always **seated upright** in highchairs or low chairs while eating.
 - **Supervision is constant** during mealtimes; staff are PFA trained to recognise and respond to choking.
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6. Allergy and Dietary Needs

- Allergy and dietary information is collected **before a child starts**.
 - Each child has a **nominated staff member** responsible for checking food safety.
 - **Allergy action plans** are created in consultation with parents and healthcare professionals.
 - Plans are **reviewed regularly** and shared with all staff. [\[EYFS 2025...Food Group\]](#)
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7. Staff Training and Responsibilities

- At least one **Paediatric First Aid (PFA)** trained staff member is present during all meals. [\[EYFS 2025...Food Group\]](#)
 - All staff receive training on:
 - EYFS nutrition guidance
 - Choking prevention
 - Allergy awareness and anaphylaxis response
 - Food preparation staff must demonstrate competence in **food hygiene and safety**.
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8. Communication with Families

- Parents are informed about food provision and encouraged to support healthy eating at home.
 - Workshops and newsletters promote nutrition education.
 - Feedback is welcomed and used to improve food practices.
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9. Monitoring and Evaluation

- Fruits in Pre-school and Reception are supplied by a government chosen company to deliver the free fruit.
- Staff observe children's eating habits and report concerns.
- Policy compliance is monitored and updated in line with new guidance.