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## Food and Nutrition Policy EYFS

<b>Formally adopted by the Governing Board of:-</b>	<b>Drake Primary School &amp; Little Ducklings Childcare</b>
<b>Chair of Governors:-</b>	<b>Holden Cook</b>
<b>Created on:-</b>	<b>February 2026</b>

## 1. Purpose of the Policy

This policy outlines how our Early Years setting promotes healthy eating, ensures children's nutritional needs are met, and complies with the Early Years Foundation Stage (EYFS) statutory framework. We aim to create a positive, safe, and inclusive food environment where children develop lifelong healthy habits.

## 2. Principles

- Children's health, wellbeing, and safety are our highest priority.
- Mealtimes are social, enjoyable learning experiences.
- All food and drink provided meets children's developmental and nutritional needs.
- Families are partners in promoting healthy eating habits.
- We follow all relevant UK guidance, including EYFS requirements and Food Standards Agency recommendations.

## 3. Roles and Responsibilities

### Staff

- Model healthy eating behaviours.
- Ensure food is prepared, stored, and served safely.
- Sit with children during meals to support social interaction and supervision.
- Monitor children's dietary needs, allergies, and preferences.
- Record and report any concerns about a child's eating habits or wellbeing.

### Parents/Carers

- Provide healthy packed lunches/snacks when required.
- Inform the setting of allergies, intolerances, cultural or religious dietary requirements.
- Update the setting on any changes to dietary needs.

## 4. Food Provision

### Meals and Snacks

We provide:

- Balanced meals and snacks including fruit, vegetables, whole grains, dairy or alternatives, and protein sources.
- Meals are nutritional diverse that reflect the global heritage of our families and community.
- Water freely available throughout the day.
- Milk offered according to age guidelines.
- Limited sugary foods and no fizzy drinks.

### Packed Lunch Guidance (if applicable)

We encourage:

- Sandwiches/wraps with healthy fillings
  - Fruit and vegetables
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- Yogurt or cheese
- Water or milk

We discourage:

- Sweets, chocolate bars, crisps, fizzy drinks
- Foods containing nuts (due to allergy risk)

## **5. Allergies and Special Dietary Requirements**

- We maintain an up-to-date allergy register accessible to all staff.
- All allergies, intolerances, and medical dietary needs are strictly followed.
- Staff receive training in allergy awareness and emergency procedures.
- We work closely with families to ensure safe alternatives are provided.

## **6. Food Safety and Hygiene**

- All food is prepared following Food Standards Agency hygiene guidance.
- Staff hold appropriate food hygiene training.
- Children are encouraged to wash hands before eating and after toileting.
- Surfaces and equipment are cleaned and sanitised before food preparation.

## **7. Mealtime Environment**

We aim to create a calm, positive atmosphere where children:

- Sit together and enjoy social interaction
- Are encouraged to try new foods without pressure
- Develop independence (pouring drinks, using cutlery, clearing plates)
- Learn about healthy choices through conversation and modelling

## **8. Teaching and Learning About Food**

Food and nutrition are embedded in the EYFS curriculum through:

- Cooking and baking activities
- Growing fruit and vegetables
- Stories, role play, and discussions about healthy choices
- Celebrating cultural foods in an inclusive way

## **9. Managing Fussy Eating**

We:

- Offer repeated exposure to new foods without forcing children to eat
- Provide small portions with opportunities for more
- Communicate with families about patterns or concerns
- Support children sensitively and positively

## **10. Drinks Policy**

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- Water is available at all times.
- Milk is offered daily according to age guidelines.
- No squash, fizzy drinks.

## **11. Celebrations and Special Occasions**

We celebrate in ways that promote health and inclusion. If families wish to bring food for birthdays, we recommend fruit platters. Or non-food treats such as stickers.

## **12. Monitoring and Review**

This policy is reviewed annually or sooner if:

- EYFS statutory requirements change
  - New health guidance is issued
  - There are significant changes in children's needs or setting practice
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