



Truro and Penwith
Academy Trust



Pensans School
Early Years Foundation Stage
Nutrition Policy

Review July 2027

Pensans EYFS –

Food, Nutrition, and Healthy Eating Policy

1. Statement of Intent

At Pensans EYFS, we recognise that snack and mealtimes are vital parts of the day. These occasions serve as social, developmental, and educational opportunities where children:

- Learn about healthy eating and good nutrition.
- Develop social, self-help, speech, and language skills.
- Experience a variety of foods from different cultures and dietary backgrounds.
- Gain independence in making choices, serving themselves, and clearing up.

We adhere to the **Early Years Foundation Stage (EYFS) Statutory Framework (2025)** and the **DfE Early Years Foundation Stage Nutrition Guidance (2025)** to ensure all children have access to safe, balanced, and nutritious food that supports their growth, development, and overall well-being.

2. Aims

- To provide healthy, balanced meals and snacks in line with national guidelines.
 - To meet the individual dietary, cultural, and medical needs of all children.
 - To encourage positive eating habits that support long-term health.
 - To make mealtimes social, enjoyable, and educational.
 - To develop independence and self-help skills during meal preparation and consumption.
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3. Dietary Needs and Allergies

- Parents/carers provide details of dietary needs, allergies, and cultural requirements on enrolment forms.
- Records are reviewed regularly, and parents are encouraged to notify the school of any changes immediately.
- All dietary needs are displayed on the information board and on Arbor alongside a photograph of the child, so all staff and volunteers are fully aware.
- Systems are in place to ensure children receive only food consistent with their needs and parents' wishes.
- In the event of an allergic reaction, staff follow the child's care plan and the *Supporting Pupils with Medical Conditions Policy*.
- Children are not permitted to share or swap food to protect those with allergies.

4. Nutrition and Meal Provision

- Foods follow the **Eatwell Guide**, including:
 - Protein sources: meat, fish, eggs, beans, pulses
 - Carbohydrates: bread, pasta, rice, potatoes
 - Dairy or dairy alternatives
 - Fruits and vegetables
- Meals and snacks avoid excessive saturated fat, sugar, salt, and artificial additives, preservatives, or colourings.
- A variety of tastes from different cultures are included, providing both familiar foods and opportunities to try new ones.
- All staff are trained in food hygiene (renewed yearly) and understand choking hazards.
- There is always a member of staff who is paediatric first aid trained supervising when children are eating.

Meal Times

- Mealtimes are social occasions; staff sit with children, model good eating practices, and encourage discussion about food and nutrition.
- Children are supported to develop independence through:
 - Choosing their food
 - Serving themselves
 - Pouring drinks
 - Clearing up after themselves
- Utensils are age-appropriate and reflect cultural eating practices.
- Fresh water is available at all times; children are reminded how to access it independently.
- Milk is offered as an alternative to water at snack and lunch times.

5. Snack Times

- Either one or two snacks are provided daily (mid-morning and mid-afternoon), including fruit and a savoury item (one morning snack in reception).
- Children are encouraged to participate in snack preparation, washing tables, and tidying up.
- Allergens in snack foods and cookery activities are displayed on the main information board.

6. Packed Lunches

- Parents are encouraged to provide:
 - Sandwiches or pasta with healthy fillings
 - Fresh fruit or vegetables
 - Milk-based dessert
- Packed lunches should include a freezer pack to prevent spoilage.
- A healthy packed lunch should contain: sandwiches with a healthy filling or pasta, fresh fruit / fresh vegetables and fruit or milk based dessert.
- An unhealthy packed lunch regularly consists largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. At Pensans, we are happy for children to have little treats in their lunch boxes occasionally, but would discourage this on a regular basis. If a child has items in their lunchbox we would encourage them to eat the healthy items first.
- Staff sit with children during lunch and promote healthy eating habits.
- Unfinished food is returned to lunch boxes for parents or saved if requested.

7. School Lunches

- Hot school lunches are prepared in the school kitchen, portioned for nursery children.
- Menus are shared with parents each term and displayed on the school website.
- Parents of children with allergies or dietary restrictions must notify the school in advance.

8. Birthdays and Celebrations

We welcome children to celebrate their birthdays with us but a cake/sweets are not needed, we can celebrate with a special story, song or even a disco, if you do feel you wish to send something in a pack of balloons or bubbles are always a big hit. If cakes are sent in these will be given to children to take home under the supervision of parents.

9. Monitoring and Review

- All staff are aware of children's dietary needs and preferences.
- The policy is reviewed annually or whenever changes in legislation, guidance, or children's needs occur.