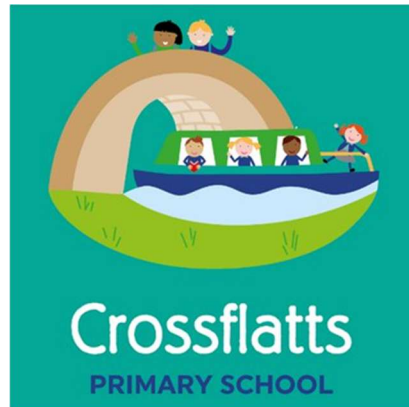


Our Vision and Values

'Come as you are and leave at your best'

'We are a family, who learn how to flourish and then fly high.'



Early Years Nutrition and safer eating Policy

Date policy last
reviewed:

September 2026

Signed by:

Nicola Bennett

Headteacher

11-09-2026

Date:

Mary Morgan

Chair of governors

11-09-2026

Date:

1. Statement of Intent

At Crossflatts Primary School, we are committed to promoting the health, wellbeing and development of all children through the provision of nutritious, balanced and safe food and drink.

We recognise that good nutrition in the early years is fundamental to children's physical growth, cognitive development, emotional wellbeing and lifelong health. We aim to create a positive food culture where children develop healthy eating habits, enjoy a variety of foods and learn to make informed choices about their health and wellbeing.

The school is also committed to ensuring that all food and drink provided is prepared, stored and served safely, and that robust procedures are in place to minimise the risks associated with choking, allergies, food intolerances and cross-contamination.

This policy applies to all children attending Nursery and Reception classes and should be read alongside the school's safeguarding, health and safety, medical needs and allergen management policies.

2. Legal Framework

This policy has due regard to:

- Childcare Act 2006
- Children Act 1989
- Children Act 2004
- Equality Act 2010
- Food Safety Act 1990
- Health and Safety at Work etc. Act 1974
- Food Hygiene (England) Regulations 2013
- The Requirements for School Food Regulations 2014

- Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- UK General Data Protection Regulation (UK GDPR)
- Data Protection Act 2018
- Early years foundation stage (EYFS) statutory framework (September 2026) [[gov.uk](#)], [[help-for-e...ion.gov.uk](#)]
- Keeping children safe in education 2026 [[gov.uk](#)]
- Working together to safeguard children 2026: statutory guidance [[gov.uk](#)]
- Early years foundation stage profile handbook [[gov.uk](#)], [[gov.uk](#)]
- Public Health England Example Menus for Early Years Settings
- Department for Education School Food Guidance
- Department for Education School Food Plan
- Department for Education Early Years Nutrition Guidance
- Department for Education Guidance on Children's Screen Use in Early Years Settings
- Department for Education Safer Sleep Guidance for Early Years Providers
- Food Standards Agency Guidance on Allergen Management and Food Hypersensitivity

3. Aims

The school aims to:

- Promote healthy growth and development.
- Provide a safe eating environment.
- Encourage healthy food choices.
- Foster positive attitudes towards food and nutrition.

- Develop children's independence and self-help skills.
- Promote good oral health.
- Ensure that all dietary, cultural, religious and medical needs are met.
- Reduce the risk of choking and allergic reactions.
- Support children's social development through positive mealtime experiences.
- Work in partnership with parents and carers.
- Ensure equality of access to nutritious food and drink.

4. Roles and Responsibilities

Governing Board

The governing board is responsible for:

- Monitoring implementation of this policy.
- Ensuring compliance with legislation and statutory guidance.
- Reviewing policy effectiveness.
- Supporting the school's health and wellbeing objectives.

Headteacher

The Headteacher is responsible for:

- Ensuring the policy is implemented consistently.
- Allocating appropriate resources.
- Monitoring compliance.
- Ensuring staff receive appropriate training.

Early Years Lead

The Early Years Lead will:

- Oversee day-to-day implementation.

- Monitor food quality and provision.
- Review dietary and allergy records.
- Ensure risk assessments are completed.
- Ensure safer eating procedures are followed.
- Coordinate staff training.

Staff

Staff will:

- Promote healthy eating.
- Follow safer eating procedures.
- Supervise children appropriately.
- Monitor children during meals and snacks.
- Follow allergy action plans.
- Encourage independence.
- Record incidents and concerns.
- Report safeguarding concerns promptly.

Parents and Carers

Parents and carers will:

- Provide accurate information regarding medical and dietary needs.
- Inform the school immediately of any changes.
- Work collaboratively with staff.
- Support healthy eating habits at home.

5. Food and Drink Provision

The school will provide food which supports children's nutritional needs and development.

Meals and snacks will include foods from the four main food groups:

- Fruit and vegetables
- Starchy carbohydrates
- Dairy products and fortified dairy alternatives
- Protein-rich foods

The school will:

- Provide a variety of foods.
- Promote healthy options.
- Limit foods high in fat, salt and sugar.
- Offer age-appropriate portion sizes.
- Provide fresh drinking water at all times.
- Offer milk daily in accordance with entitlement schemes.
- Consider seasonal produce where possible.
- Promote a balanced and varied diet.

Menus will be reviewed regularly and reflect the diversity of the school community.

6. Nutrition

The school recognises that the early years are critical in establishing lifelong healthy eating habits.

Children will be supported to:

- Explore a wide range of foods.
- Experience different tastes and textures.
- Learn about healthy lifestyles.
- Understand where food comes from.
- Make healthy food choices.

Staff will use mealtimes as learning opportunities and model healthy eating behaviours.

7. Hydration

The school recognises the importance of hydration for children's health, concentration and wellbeing.

The school will:

- Ensure fresh drinking water is available throughout the day.
- Encourage children to drink regularly.
- Monitor hydration during hot weather and physical activity.
- Support independent access to drinking water.
- Work with parents and healthcare professionals where specific hydration needs exist.

8. Oral Health

The school promotes positive oral health habits.

Children will be supported to:

- Understand the importance of brushing teeth.
- Choose healthy foods and drinks.
- Reduce consumption of foods high in sugar.
- Learn about oral hygiene through age-appropriate activities.

Staff will support national oral health campaigns where appropriate.

9. Eating Environment

The school will provide a calm, safe and positive eating environment.

Staff will:

- Sit with children where appropriate.
- Encourage conversation and social interaction.
- Promote good table manners.
- Support children's independence.
- Ensure equipment is safe and suitable.
- Minimise distractions.

Dining areas will be:

- Clean
- Organised
- Well supervised
- Free from unnecessary hazards

10. Positive Mealtimes Experiences

The school is committed to making mealtimes enjoyable and inclusive.

Staff will:

- Encourage but never force children to eat.
- Respect children's appetites.
- Promote positive discussions about food.
- Encourage children to try new foods.
- Celebrate cultural diversity through food experiences.
- Avoid using food as a reward or punishment.

11. Developmentally Appropriate Feeding

Where required, the school will support children according to their developmental stage.

The school will:

- Work closely with parents and carers.
- Ensure food texture is appropriate.
- Support progression of feeding skills.
- Promote independent self-feeding.
- Follow safer eating guidance when introducing new textures.
- Seek professional advice where necessary.

12. Allergies, Dietary Requirements and Medical Needs

The school recognises that allergies can be life-threatening.

The school will:

- Maintain accurate allergy records.
- Review medical information termly.
- Maintain allergy action plans.
- Train staff in allergy awareness and emergency response.
- Prevent exposure to known allergens.
- Use separate equipment where necessary.
- Minimise cross-contamination risks.
- Ensure emergency medication is readily available.
- Follow individual healthcare plans.

The school will make reasonable adjustments to meet:

- Medical needs
- Allergies
- Intolerances
- Religious requirements

- Cultural preferences
- Ethical dietary choices

13. Food from Home

Where food is brought from home:

- Parents must provide accurate allergy information.
- Food should be appropriately stored and packaged.
- Food must comply with school requirements.
- Sharing food will not be permitted.
- Any uneaten food may be returned home.

14. Food Safety and Hygiene

Food will be:

- Stored safely.
- Prepared hygienically.
- Served appropriately.
- Clearly labelled where required.

Staff involved in food preparation or serving will receive appropriate food hygiene training.

Children will be taught:

- Handwashing routines.
- Food hygiene practices.
- Safe eating behaviours.

15. Meeting the Needs of All Children

The school is committed to inclusion.

Reasonable adjustments may include:

- Specialist seating
- Adapted utensils
- Modified food textures
- Communication aids
- Additional adult support

Staff will work closely with parents and relevant professionals to ensure children can participate fully and safely in mealtimes.

16. Safer Eating and Choking Prevention

The school recognises that mealtimes require active supervision and careful risk management.

The school will:

- Follow national choking prevention guidance.
- Ensure a paediatric first aider is available during mealtimes.
- Prepare food appropriately for children's developmental stage.
- Modify high-risk foods as required.
- Ensure children sit safely while eating.
- Prevent walking, running or playing with food in their mouths.
- Maintain direct supervision at all times.
- Discourage food sharing.
- Keep emergency procedures readily available.

Children will never be left unattended while eating or drinking.

Staff will remain alert to signs of:

- Choking

- Aspiration
- Allergic reactions
- Anaphylaxis

All incidents will be recorded and reviewed.

17. Mealtime Risk Assessments

The school will undertake regular risk assessments covering:

- Allergies
- Special diets
- Choking hazards
- SEND requirements
- Swallowing difficulties
- Food preparation processes
- Staffing ratios
- Supervision arrangements

Individual risk assessments will be completed where necessary.

18. Celebration Events

The school promotes healthy and inclusive celebrations.

Food-based celebrations will be carefully considered in relation to:

- Allergies
- Religious requirements
- Cultural sensitivities
- Nutritional standards

Alternative celebrations may include:

- Games
- Stories
- Music
- Crafts
- Special activities
- Non-uniform days

19. Communication and Partnership with Parents

The school values strong partnerships with families.

The school will:

- Share menu information.
- Communicate dietary concerns promptly.
- Seek parental views.
- Update parents regarding incidents.
- Work collaboratively to support children's needs.

Parents will be informed promptly of:

- Allergic reactions
- Choking incidents
- Significant dietary concerns
- Changes affecting food provision

20. Monitoring and Review

The Headteacher and Early Years Lead will monitor:

- Food quality
- Nutritional standards

- Safer eating practice
- Allergy management
- Staff training
- Incident records
- Parent feedback

All accidents, incidents, near misses, choking events and allergy-related incidents will be reviewed regularly to identify patterns and improve practice.

This policy will be reviewed annually or sooner in response to changes in legislation, guidance or local need.

Policy Lead (EYFS): Rebecca Petrie

Headteacher: Nicola Bennett

Chair of Governors: Mary Morgan

Review Date: September 2027

Next Review Due: September 2028