

# St Katherine's School & Nursery



## Food and Nutrition Policy for Early Years Setting

*Creating our future by learning together*

Date of Policy: September 2025

This policy outlines our approach to providing healthy, balanced, and nutritious food and drink to all children in our care, in line with the Department for Education (DfE) statutory guidance effective from September 2025.

### Compliance with Statutory Framework

At St Katherine's School & Nursery are committed to meeting the requirements of the Early Years Foundation Stage (EYFS) statutory framework. From September 2025, we will follow the DfE's nutrition guidance as a safeguarding and welfare requirement. All meals, snacks, and drinks provided will comply with the latest standards.

In line with the 2025 EYFS, food provision is recognised as part of safeguarding and welfare. This means providers must ensure that food and drink contribute positively to children's health, wellbeing, and development and that staff model healthy eating behaviours.

### Healthy Eating Practices

- We promote healthy eating by offering meals made from whole foods, limiting sugar and salt, and encouraging hydration through regular water intake. Children will be supported to develop positive attitudes towards food.
- Mealtimes will be treated as a social and learning opportunity. Staff will sit with children, model positive eating behaviours, and encourage children to serve themselves where appropriate.

### Special Dietary Needs

- Staff are informed of all children's allergies and dietary requirements to ensure appropriate care.
- Individual care plans will be developed in consultation for children with food allergies, intolerances, religious and cultural dietary requirements.

### Parental Involvement

- We actively engage with parents and carers regarding food policies. We provide guidance on food brought from home and promote healthy celebrations. Feedback is welcomed and incorporated into our planning.
- St Katherine's School & Nursery will support families in understanding children's nutritional needs and encourage consistency between home and setting.

## Food Safety and Hygiene

At snack and mealtimes, at least one PFA-qualified adult must be present and within sight and hearing of the children.

All staff involved in food preparation receive training in food hygiene and safety. We follow best practices for safe food handling, preparation, and storage. Special care is taken to prevent choking and ensure safe feeding.

### Choking Prevention Measures

- All staff involved in food preparation and supervision are trained in food safety and paediatric first aid, including how to respond to choking.
- Foods that pose a high choking risk (e.g., whole grapes, cherry tomatoes, hard raw vegetables, and popcorn) should either be avoided or prepared safely, including packed lunches from home.
- Grapes and cherry tomatoes are always cut lengthwise into quarters.
- Sausages and similar foods are sliced lengthwise and then into small pieces.
- Round, hard, sticky, or very dry foods are not served to children under 5.
- Children are always seated facing an adult while eating and are supervised by an adult at all times.
- Children are encouraged to eat slowly and chew thoroughly.
- Staff are trained to recognise the signs of choking and respond immediately using age-appropriate first aid techniques.

## Celebrations and Special Occasions

- Sweets, chocolate, and sugary snacks are discouraged in packed lunches or snacks brought from home.
- Parents will be informed of the setting's expectations and encouraged to provide healthier alternatives such as fruit, wholegrain snacks, or dairy options.
- Birthday sweets may be brought into school but will not be eaten during the day. Items will be sent home at the end of the day in accordance with the school's healthy eating policy.
- The setting will encourage "celebration foods" and non-food celebration ideas (e.g., stickers, special activities) to support families in maintaining a healthy environment.

## Monitoring and Review

This policy is reviewed annually or in response to changes in legislation or guidance. We monitor food provision through regular audits and feedback from children, parents, and staff.