

Nursery Food and Nutrition Procedures *In line with the EYFS Nutrition Guidance 2025*

At Bourne Westfield Primary Academy Nursery, we are committed to promoting healthy eating habits and ensuring that all children receive a nutritional and balanced meal within our care whilst also ensuring that healthy eating is a part of our curriculum. In accordance with the updated Early Years Foundation Stage (EYFS) nutrition guidance released in April 2025, we ask parents and carers to provide a healthy packed lunch if they have not opted to purchase a hot meal provided by the on-site school kitchen.

This procedure has been developed in partnership with all EYFS staff, the headteacher and following consultation with the kitchen staff.

We provide a healthy fruit or vegetable snack during the day, milk (if parents have registered via Coolmilk), or water. Parents can provide their own snack, in a named tub, that contains a healthy snack of fruit or vegetable. Parents are responsible for providing their child's packed lunch on days they attend over lunchtime if they have not paid for a hot meal provided by the on-site school kitchen.

We ask for all lunchboxes and drink bottles to be labelled with the child's name. We kindly ask that parents follow the NHS Eatwell Guide when packing their children's packed lunches.



We ask that the following items are avoided:

- Confectionery such as sweets, chocolate.
- Sugary fizzy drinks – water is the best drink for children with food.

We ask that the following items are limited:

- Foods high in salt or saturated fat (e.g. crisps, sausage rolls) should be limited.

We are a **nut free site**, no foods containing any nuts should be provided in lunchboxes or for snack.

Please note that we do not have the facilities to reheat or refrigerate food. To keep packed lunches safe and fresh:

- Use an insulated lunch bag or box, clearly labelled with your child's name.
- Include ice packs to keep perishable items cool.
- If sending a warm meal, please use a child friendly food flask designed to retain heat.

In accordance with the EYFS Nutrition Guidance and Food Standard's guidelines for choking hazards in Early Years. Fruit provided by nursery and will be safely cut as required.

Allergies and Dietary Needs

Parents need to inform the setting of any dietary requirements or allergies your child has upon registering at the setting. However, we must also be notified of any changes to your child's dietary needs or allergies. This includes food intolerances, vegetarianism, veganism or religious preferences, for example, only eating halal food, avoiding beef or pork and keeping kosher.

Children with additional support needs may require allowances to be made with regard to dietary needs, because of a physical or developmental issue affecting their eating. Please speak to the staff upon registration.

Again, to ensure the safety of all children please do not include any food items containing nuts, as we are a nut-free setting.

Safe Eating Environment

During snack and lunchtimes children are encouraged to sit at their tables to enjoy their food and drink. No child is pressured to eat but offered gentle encouragement and children are provided a long enough timeframe to eat within to ensure they eat at a safe and reasonable pace. Nursery staff and a designated lunchtime supervisor provide staffing ratios in accordance with statutory guidelines ensuring that there is always a staff member holding a paediatric first aid qualification present.

At the beginning of any eating or cooking activity, children and adults should wash their hands with warm water and soap and dry them thoroughly.

Educational Experience

Throughout the academic year children are provided with educational experiences to understand where their food comes from. For example, growing vegetables in the nursery garden. They also participate in baking every term developing a range of baking skills including cutting, mixing and rolling. Within these curriculum experiences staff will consult with parents regarding allergies and religious preferences ensuring all children are able to take part in the activity.

Celebrations and Special Occasions

We kindly ask that parents do not send in cakes, sweets, or other food items for birthday celebrations.

It can be very difficult for children with allergies to understand why they cannot join in when treats are shared, and we want to make sure no child feels excluded or upset on these occasions.