



EYFS (Under 5's) Food and Nutrition Policy

Primary School Name: Lilleshall Primary School

Effective Date: September 2025

Review Date: September 2026

Policy Lead: EYFS Lead / Deputy Headteacher: Vanessa Savill

1. 🌱 Policy Statement

At Lilleshall Primary School we are committed to promoting the health and wellbeing of all children in our Early Years Foundation Stage (EYFS). We recognise the importance of nutrition in supporting children's growth, development, learning, and long-term health. This policy outlines our approach to food and nutrition in line with the statutory EYFS framework and the 2025 Department for Education guidance.

2. Who is this for?

This policy applies to all children aged under 5 years attending our Reception class. It also applies to all staff, volunteers, and external providers involved in food preparation, serving, and activities related to food and nutrition.

3. 🍎 Guiding Principles

We follow the principle that **meals, snacks, and drinks provided must be healthy, balanced, and nutritious**. Our approach is guided by the following:

- **Access to fresh drinking water** throughout the day
- **Balanced meals and snacks** based on the four food groups: starchy foods, fruit and vegetables, protein-rich foods, and dairy or alternatives
- **Age-appropriate portion sizes** and textures
- **Food safety and hygiene standards** in line with national regulations

- **Inclusive provision** for children with allergies, intolerances, religious or cultural dietary needs, and additional support needs
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4. 🍽️ Meals and Snacks

- All meals and snacks are planned using the **School Food Standards** and the EYFS nutrition guidance.
 - Weekly menus are developed and reviewed termly, ensuring variety and seasonal produce.
 - Meals include **vegetarian options** and cater to dietary needs.
 - **No added sugar or salt** in meals for children under 5.
 - **Celebrations** involving food will prioritise healthy choices and cultural inclusivity.
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5. 🥤 Drinks

- Only **water** is provided during the day.
 - Sugary drinks and fizzy drinks are not permitted. Low sugar squash is acceptable.
 - Children are encouraged to drink water regularly and independently.
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6. 🏠 Food from Home

- Parents are encouraged to follow the school's healthy eating ethos when sending packed lunches or snacks.
 - Guidance is provided to families on suitable food choices.
 - **No nuts or nut products** are allowed due to allergy risks.
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7. 🧼 Food Safety and Hygiene

- All staff involved in food handling receive **food hygiene training**.

- Food preparation areas are regularly cleaned and maintained - Breakfast Club kitchen will be used for snack preparation.
 - Allergens are clearly labelled and communicated to staff and families.
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8. 🚒 Choking Prevention and Mealtime Safety

We prioritise the safety and wellbeing of all children during eating times. Choking is a serious risk, particularly for children under five, and we follow strict procedures to minimise hazards and respond effectively.

✅ Safe Eating Practices

- Children are always **seated and supervised** during meals and snacks.
- Staff ensure children are **calm and not rushing** while eating.
- Children are encouraged to sit up straight whilst eating.
- Children are encouraged to **chew thoroughly** and take small bites.
- **No walking, running, or playing** while eating is permitted.
- Staff gently remind children as needed.

🍎 Food Preparation Guidelines

- Foods are prepared in **age-appropriate textures and sizes**. (See Appendix 3)

🧠 Staff Awareness and Training

- All EYFS staff receive **paediatric first aid training**, including choking response.
- Staff are familiar with the signs of choking and know how to act quickly and calmly. (See Appendix 4)

9. 🗣️ Communication with Families

- We work in partnership with parents/carers to support healthy eating at home and school.
- Menus are shared termly and feedback is welcomed.
- Parents are informed of our choking prevention measures.

- Families are asked to follow school guidance when sending food from home, especially regarding size, texture, and allergens.
- Any concerns about a child's eating habits or safety are discussed promptly and sensitively.
- Information concerning packed lunches and lunchtime arrangements is shared as part of the induction talk and all parents will receive an information letter with recommendations for preparing packed lunches and food for celebrations.

(See Appendices 1 and 2)

10. 🍷 Food Activities and Curriculum

- Children engage in **hands-on food activities** to learn about healthy eating, food origins, and cooking.
 - Activities are inclusive and adapted to meet individual needs.
 - Food is never used as a reward or punishment.
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11. 🏥 Special Dietary Requirements

- Individual care plans are developed for children with allergies, intolerances, or medical conditions.
 - Staff are trained to manage dietary needs safely and sensitively.
 - Religious and cultural food practices are respected and accommodated.
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12. 🌸 Children with SEND and Disabilities

- In line with the 2025 EYFS statutory framework, we recognise that children with special educational needs and disabilities (SEND) may have unique dietary requirements, sensory preferences, or medical conditions that affect their relationship with food.

- Our approach to food and nutrition is inclusive and responsive: we work closely with families, health professionals, and support staff to ensure that every child receives safe, nutritious, and appropriate meals and snacks.
 - Individual care plans are developed where needed, and reasonable adjustments are made to accommodate feeding routines, texture modifications, allergy management, and cultural or religious dietary needs.
 - We also support children's independence and confidence during mealtimes, using adaptive equipment or tailored strategies where necessary, so that every child can participate with dignity and enjoyment.
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13. Monitoring and Evaluation

- The policy is reviewed annually or in response to changes in guidance.
 - Staff monitor children's food intake and wellbeing and will share with parents if children have any issues.
 - Feedback from families and staff informs continuous improvement.
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12. Related Policies

- Safeguarding and Child Protection
 - Health and Safety
 - Inclusion and Equality
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Appendix 1 – Letter to Parents re Food for Celebrations

Dear Parents,

At Lilleshall we value celebrations as joyful opportunities to build community, explore cultural traditions, and support children's social development. We aim to ensure that all food shared during celebrations aligns with our commitment to health, safety, and inclusivity.

Guidelines for Food from Home

- **Healthy choices encouraged:** Families are asked to provide nutritious options when sending food for birthdays, cultural events, or class celebrations.
- **No nuts or nut products:** Due to allergy risks, we operate a strict no-nut policy.
- **Pre-packaged items preferred:** To ensure food safety, we encourage sealed, shop-bought items with clear ingredient labels.
- **No homemade items for sharing:** To comply with food hygiene regulations, homemade food cannot be distributed to other children.
- **Allergen awareness:** Please inform staff in advance if food contains common allergens (e.g., dairy, eggs, gluten).
- **Portion control:** Small, manageable portions are ideal to avoid waste and overconsumption.

Birthday Celebrations

- We celebrate birthdays with songs, cards, and special moments.
- If parents wish to send something in, we recommend **fruit platters, mini rice cakes, or non-food items** like stickers.
- If a food item is shared we will send it home to be eaten so parents can decide when is best for the child to consume it.

Cultural and Religious Celebrations

- We welcome food contributions that reflect children's cultural heritage and family traditions.
- All contributions must follow our food safety and allergy guidelines.
- Staff will support children in learning about different foods, customs, and celebrations in an inclusive and respectful way.

Communication and Consent

- Parents/carers will be notified in advance of any planned celebration involving shared food.
- Consent will be obtained for children with dietary restrictions or medical needs.
- Staff will ensure all children feel included, regardless of dietary requirements.

Appendix 2 – Letter to parents re Packed Lunches

Dear Parents and Carers,

As part of our commitment to promoting healthy lifestyles and supporting children's wellbeing, we are updating our approach to packed lunches in line with the latest 2025 Early Years Foundation Stage (EYFS) guidance and School Food Standards.

We kindly ask that all packed lunches brought into school reflect our healthy eating ethos and provide children with the energy and nutrients they need to learn, play, and grow.

What to Include in a Healthy Packed Lunch

We recommend including items from the following food groups:

- **Starchy foods:** e.g. wholemeal bread, wraps, pitta, pasta, rice
- **Protein:** e.g. lean meats, eggs, beans, lentils, hummus
- **Dairy or alternatives:** e.g. cheese, yoghurt (low sugar), plant-based options
- **Fruit and vegetables:** e.g. sliced cucumber, cherry tomatoes, apple slices, grapes – please cut up grapes and cherry tomatoes

What to Avoid

To ensure consistency and safety across the setting, please avoid:

- **Sweets, chocolate bars, and fizzy drinks**
- **Crisps and high-fat snack foods**
- **Products containing nuts** (due to allergy risks)
- **Large portions or excessive packaging**

Drinks

Children will be provided with fresh water throughout the day. If you are sending squash please ensure it is sugar free.

Working Together

We understand that every family is different, and we are here to support you. If your child has specific dietary needs, allergies, or cultural preferences, please speak to Mrs Savill.

Thank you for helping us create a healthy, safe, and inclusive environment for all children.

Appendix 3 Food Standards Agency - Choking Hazards and Advice

[EYFS Choking Hazards](#)

[EYFS Choking Hazards 2](#)

How to stop a child from choking - NHS

Choking in young children most often happens while they're playing or eating.

Children, particularly those aged from 1 to 5, often put objects in their mouth. This is a normal part of how they explore the world.

Some small objects, such as marbles, beads and button batteries, are just the right size to get stuck in a child's airway and cause choking.

The best way to avoid this is to make sure that small objects like these are kept out of your child's reach.

To avoid choking while eating, think about size, shape and texture when preparing your child's food. [Read more about preparing food safely on the Best Start in Life website.](#)

No matter how careful you are, your child may choke on something. In most cases, you or someone else will see your child swallow the object that causes choking.

But if your child suddenly starts coughing, isn't ill and has been eating or has a habit of putting small objects in their mouth, there's a good chance that they're choking.

Tips on helping a choking child

- If you can see the object, try to remove it. Don't poke blindly or repeatedly with your fingers. You could make things worse by pushing the object further in and making it harder to remove.
- If your child's coughing loudly, encourage them to carry on coughing to bring up what they're choking on and don't leave them.
- If your child's coughing isn't effective (it's silent or they can't breathe in properly), shout for help immediately and decide whether they're still conscious.
- If your child's still conscious, but they're either not coughing or their coughing isn't effective, use back blows or chest thrusts (babies under 1 year), or back blows or abdominal thrusts (children over 1 year).
- You may need to use more than 1 method to stop choking. It doesn't matter which order you do them in. If one method doesn't work, try the other method. Keep trying each method until the object comes out.

How to give back blows, chest thrusts and abdominal thrusts

To use back blows for babies under 1 year:

- sit down and lay your baby face down along your thigh or forearm, supporting their head and neck with your hand
- give up to 5 sharp back blows with the heel of your hand in the middle of your baby's back between their shoulder blades
- check if the object has come out between each blow (you may not need to use all 5 blows)

To use back blows for children over 1 year:

- lay a small child face down on your lap as you would a baby
- if this isn't possible, support your child in a forward-leaning position and give 5 back blows from behind

If back blows don't relieve the choking and your baby or child is still conscious, give chest thrusts to babies under 1 year or abdominal thrusts to children over 1 year.

This will create an artificial cough, increasing pressure in the chest and helping to dislodge the object.

To use chest thrusts for children under 1 year:

- lay your baby face up along the length of your thighs with their feet closest to you and their head furthest away and lower than their feet
- place 2 fingers in the middle of their chest just below the nipple line
- give up to 5 sharp chest thrusts (pushes) – check to see if the object has come out between each thrust (you may not need to use all 5 thrusts)

To use abdominal thrusts for children over 1 year:

- stand or kneel behind your child, place your arms under the child's arms and around their upper abdomen
- clench your fist and place it between the navel and ribs
- grasp this hand with your other hand and pull sharply inwards and upwards
- repeat up to 5 times – check to see if the object has come out between each thrust (you may not need to use all 5 thrusts)
- make sure you don't apply pressure to the lower ribcage, as this may cause damage

Reassessing your child

Following back blows and chest or abdominal thrusts, reassess your child as follows:

- if the object still isn't dislodged and your child's still conscious, continue the sequence of back blows and either chest or abdominal thrusts
- call out or send for help, if you're still on your own
- don't leave the child

Call 999 if the blockage doesn't come out after trying back blows and either chest or abdominal thrusts. Keep trying this cycle until help arrives.

Even if the object has come out, get medical help. Part of the object might have been left behind, or your child might have been hurt by the procedure.

Unconscious child with choking

If a choking child is, or becomes, unconscious:

- put them on a firm, flat surface and shout for help
- call 999, putting the phone on speakerphone so your hands are free
- don't leave the child at any stage
- open the child's mouth and if the object is clearly visible and you can grasp it easily, remove it
- start cardiopulmonary resuscitation (CPR) – [find out how to resuscitate a child](#)