

# Michaelchurch Escley Primary and Pre School



## **Food & Nutrition Policy (Preschool and Reception Pupils)**

Created by:	Head Teacher
Policy Updated:	Feb 2026
Policy to be reviewed by:	Feb 2028

Michaelchurch Escley Primary and Pre School recognises the importance of providing a healthy, supportive food environment that promotes children's well-being and establishes positive lifelong eating habits.

### **1. Introduction & Purpose**

This Food & Nutrition Policy ensures all children receive healthy, balanced and nutritious food in line with EYFS nutrition guidance.

### **2. Policy Aims**

- Promote healthy eating and positive habits.
- Support health, growth and well-being.
- Meet dietary, cultural and medical needs.
- Ensure safe food preparation and allergy management.
- Work with parents for consistency.

### **3. Roles & Responsibilities**

Leadership: Ensure compliance, training.

Staff: Follow guidance, supervise safely, respect dietary needs.

Parents: Provide suitable foods from home and share dietary information.

### **4. Food Provision in School**

We follow the four main food groups and avoid foods high in salt, sugar or saturated fat. Water is available all day.

### **5. Food Brought from Home**

Encouraged

- Fresh fruit (cut safely—grapes/berries quartered)
- Vegetables (e.g., cucumber or carrot sticks, cooked veg)
- Wholegrain sandwiches/wraps (egg, cheese, tuna, hummus)
- Plain yoghurt/fromage frais
- Pasta, rice or couscous salads
- Crackers, rice cakes or low-salt breadsticks

Drinks

- Fresh tap water only (provided in school)  
*Please do not send juice, smoothies, squash or flavoured milk.*

Not Allowed (Choking Risks)

- Whole grapes, cherry tomatoes, berries, olives (must be cut lengthways into quarters)
- Whole nuts
- Popcorn
- Raw jelly cubes

Discouraged

- High-sugar, high-salt or high-fat foods: chocolate, sweets, crisps, cakes, pastries, biscuits, sugary yoghurts, sugary cereals/bars

- Sugary or flavoured drinks: squash, fruit juice, smoothies, fizzy drinks, flavoured milk

## **6. Allergies & Special Diets**

We maintain Allergy Action Plans, avoid cross-contamination, and respect religious and cultural diets.

## **7. Preventing Choking**

Food cut to safe sizes; no round or hard foods; children seated and supervised during eating.

## **8. Celebrations**

Non-food alternatives encouraged; any food must meet guidelines.

## **9. Teaching & Learning**

Cooking, gardening (including harvesting produce and then cooking this) and cultural food learning.

## **10. Mealtime Environment**

Calm, social, supportive; no pressure to finish food.

## **11. Staff Training**

All staff trained in choking prevention, allergens and safe preparation.

## **12. Monitoring & Review**

Reviewed annually or sooner if required.

## **Appendix: Letter for families**

Dear Parents and Carers,

As part of our commitment to providing healthy, balanced and nutritious food, we follow the national Early Years Foundation Stage (EYFS) Nutrition Guidance. To help keep all children safe and support healthy eating habits, please carefully read the information below about what food and drink should and should not be brought from home.

### **WHAT YOU SHOULD SEND IN**

#### **1. Healthy, balanced meal or snack options**

- Fresh fruit (cut safely – e.g., grapes and berries quartered)
- Fresh or cooked vegetables (cucumber sticks, carrot sticks, cooked veg)
- Wholegrain sandwiches or wraps (egg, cheese, tuna, hummus)
- Plain yoghurt or fromage frais (avoiding sweetened varieties)
- Pasta, rice or couscous salads
- Crackers, rice cakes or breadsticks low in salt and sugar

#### **2. Drinks**

- Fresh tap water (always available at the setting)

Please do not send fruit juices, smoothies, squash or flavoured milks.

#### **3. Clearly labelled items**

- Your child's name on all items
- A full ingredients list for any homemade food to help us check allergens

#### **4. Safe food packaging**

- Use a sealed, insulated lunch bag
- Include ice packs for perishable food
- If ice packs cannot be used, food must follow the '4-hour rule' and then be discarded

### **WHAT YOU SHOULD NOT SEND IN**

#### **1. Choking-risk foods**

- Whole grapes, cherry tomatoes, berries, olives (unless cut lengthways into quarters)
- Whole nuts
- Popcorn
- Raw jelly cubes

#### **2. Foods high in sugar, salt or saturated fat**

- Chocolate, sweets or confectionery
- Crisps or salted snacks
- Cakes, muffins, pastries or biscuits
- Sugary yoghurts
- Sugary cereals or cereal bars

### 3. Sugary or flavoured drinks

- Squash
- Fruit juices
- Smoothies
- Fizzy drinks
- Flavoured or sweetened milk

### 4. Allergen-containing foods without clear labelling

- Any item containing potential allergens must list ingredients clearly
- Please speak to us before sending any food if your child has allergies or intolerances

## WHY THIS MATTERS

Following these guidelines helps us:

- Keep children safe from allergic reactions and choking risks
- Provide consistent healthy eating messages
- Support children's long-term health and oral hygiene
- Meet the requirements of EYFS nutrition standards

## WE'RE HERE TO HELP

If you're unsure whether certain foods are suitable, please speak to us. We can offer suggestions, sample menus, or guidance for allergies, cultural or religious needs.

Thank you for working with us to create a healthy, safe and inclusive eating environment for all children.

Warm regards,