



**St James CE Primary School,
Haslingden**

EYFS NUTRITION POLICY	
Written By	B Fawcett
Date	January 2026
Review Date	September 2026

Growing in God's Love, Learning as We Go

***FORGIVENESS ENDURANCE TRUST
PEACE KOINONIA FRIENDSHIP
THANKFULNESS***

Early Years Nutrition Policy

1. Purpose

This policy ensures that all meals, snacks, and drinks provided in our school are **healthy, balanced, and nutritious**, in line with the **EYFS statutory framework 2025**. It supports children's growth, development, and long-term health while fostering positive attitudes towards food.

2. Statutory Framework

From **September 2025**, the EYFS requires providers to follow the Department for Education's **Early Years Foundation Stage Nutrition Guidance** unless there is a good reason not to. This policy reflects those requirements.

3. Principles

- Balanced diet across the **four food groups**
- Age-appropriate portion sizes for children aged 1–5
- Traffic light food labelling to reduce foods high in sugar, salt, and saturated fat
- Weekly menu planning for variety and balance
- Strict adherence to food hygiene and safety standards

4. Food Provision

- **Meals & snacks:** Fresh fruit and vegetables daily; balanced meals with protein, carbohydrates, and healthy fats
- **Drinks:** Only water and milk provided; sugary drinks not permitted
- **Celebrations:** Healthy alternatives encouraged for birthdays and cultural events
- **Food from home:** Parents asked to follow the same nutrition standards

5. Special Considerations

- Respect for cultural and religious dietary needs
- Individual care plans for allergies and intolerances
- Inclusive practice to support all children's healthy eating habits

6. Communication with Parents

- Weekly menus shared with families
- Guidance on healthy packed lunches and snacks
- Parent consultation on policy updates

7. Food Education

- Cooking, gardening, and tasting activities integrated into EYFS curriculum
- Staff model healthy eating behaviours
- Positive language used to encourage food exploration

8. Monitoring and Review

- Menus reviewed termly against EYFS nutrition guidance
- Staff training updated annually
- Policy effectiveness evaluated through feedback from parents, staff, and children

Leadership & Responsibility

This policy is overseen by: **Mrs Fawcett, EYFS Leader**

As EYFS Leader, she is responsible for ensuring compliance with EYFS 2025 nutrition guidance and supporting staff in its implementation.

Approval

Approved by Governing Body: _____

Date of Approval: _____

Review

Next Review Date: _____

Reviewed by: Mrs Fawcett, EYFS Leader _____