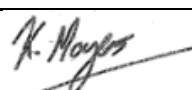




Gateway Primary School Policy Cover Sheet

Policy Name:	Early Years Food and Nutrition Policy
Adopted at / by:	FGB
Signed on behalf of the Governing Board	
Name:	Kevin Moyes
Date:	June 2026
Signed on behalf of Headteacher:	
Name:	Kayleigh Anstee
Date:	June 2026
Review period:	3 years
Date of next Review	June 2029 (or sooner if required)

Gateway Primary School – Early Years Food and Nutrition Policy

Introduction

The EYFS statutory framework sets the standards that all Early Years providers must meet to ensure that children, learn, develop well and are kept healthy and safe.

From September 2025 the Department for Education introduced a new requirement in the safeguarding and welfare requirements of the framework stating that all providers must have regard for nutrition guidance.

The framework states that *‘Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.’*

At Gateway Primary School we recognise that children need the right amount of nutrients and energy whilst they are growing rapidly and that children should be encouraged to develop positive eating habits early on. We believe that children’s early experiences with food can shape their future eating habits, which can impact on long-term health. This includes maintaining a healthy weight and good oral health.

Aims:

- To promote lifelong healthy eating habits from an early age
- To provide snacks that meet children’s nutritional, dietary and cultural needs
- To comply with statutory guidance on food and drink for under fives
- To encourage a positive, including and sociable dining experience.

We provide:

Healthy, balanced meals and snacks based on the four food groups, fruits and vegetables, starchy foods, proteins and dairy.

Water freely available throughout the day, and cow’s milk is available to all children at designated snack times. (Milk is provided through the Cool Milk Programme free of charge for children under 5 and parents of children who are over 5 can place an order).

We try to avoid:

- Foods that are high in sugar, salt or saturated fats
- Sugary drinks

Preparing Foods for children to eat:

To eat fruit at snack time all children will be seated and will remain seated whilst eating. They will be supervised and encouraged to bite and chew their fruit.

At mealtimes all food will be cut to a suitable size, to avoid choking. When preparing food, we note that it is important to avoid round shapes as these can be a choking hazard. This includes the preparation of foods such as sausages.

When providing small fruits, we will cut the fruit lengthways and then halve again (into quarters)

These fruits include

- Grapes
- Raspberries
- Strawberries
- Cherry tomatoes
- Blueberries.

We ask all EYFS parents who are providing these fruits as part of a healthy lunchbox or snack food to prepare the fruits in the same way.

Paediatric First Aid / Supervision when eating

A qualified Paediatric First aider will always be present when food is being served and eaten. This includes snack times.

An adult will closely supervise the children in the dining hall when they are eating. Staff will ideally be facing the children while they eat to monitor for choking hazards, to prevent food sharing and to quickly identify any allergic reactions.

Dietary Needs and Allergies

We maintain a currently list of children's allergies, intolerances and cultural dietary requirements.

Allergen information is displayed and followed in food preparation areas,

All staff receive allergy management training and emergency response training

We work with parents and healthcare professionals to develop individual care plans as needed.

Information about food allergies is collected as part of our admission process. Parents are asked to update the school with any changes as necessary.

Gateway Primary School is a NUT FREE school. We ask all parents who are supplying lunches or snacks into school to ensure that all products are nut free

As part of recognising a healthy diet, it is important to recognise the difference between not liking a food and being allergic. to it.

Mealtimes and Learning Environment

Dining Hall

- Mealtimes are a key learning opportunity and are used to teach children about healthy food, hygiene and manners. They are also a good opportunity to develop fine motor skills and self-help skills as the children perfect their use of cutlery.
- We support the children to serve themselves where appropriate. This includes collecting their own drink in the dining room and filling up their own water bottle from the tap in the classroom.
- Positive role modelling and discussions about food and health are encouraged.
- Mealtimes are social, inclusive and calm. Children sit together and are encouraged to model positive eating behaviours. By sitting together children are often willing to try new foods that they might not have had before.

School meals are prepared and cooked at Carterton Community College by ABM catering. Parents book meals using an online system which outlines the foods included and the nutritional information about the meal.

Classroom

- Cooking and food preparation activities are part of our EYFS curriculum e.g. we learn about foods from around the world,
- Cooking and food preparation activities promote fine motor skills, maths, science and cultural learning
- We encourage children to try new foods. The children may take part in preparing simple foods and snacks. Cooking and food preparation activities promote fine motor skills, maths, science and cultural learning. They can also promote language and oracy.
- We encourage everyone to try something new.
- Health and safety guidelines are always followed.

Promoting Good Oral Health

- Within the classroom children are encouraged to only have water in their water bottle. They can refill their bottle from the tap whenever needed.
- We do not allow the children to bring in sweets and treats to give to their friends on their birthday. As part of our Healthy Smiles accreditation, we made a commitment to looking after teeth. We do recognise birthdays with a song, a favourite story or even a dance. We ask parents to support us with our no sweet treats commitment.

If every child in the EYFS gave out a packet of sweets on their birthday – every child would be receiving an additional 45 packets of sweets across the school year.

Partnership with Parents and Carers

Menus are shared regularly with families via the school website and meal booking system by our catering provider.

Periodically we share information about healthy lunchbox choices (for the children bring a lunchbox from home)

Families are consulted about dietary needs, and cultural or religious requirements.