

# **Humpty's House Pre-School Nutrition Policy**

(Updated September 2025 – in line with EYFS 2025 guidance)

## **1. Policy Statement**

At Humpty's House Pre-School, we are committed to supporting every child's health, growth, and development by promoting positive attitudes towards food and healthy eating.

In line with the Early Years Foundation Stage (EYFS) 2025 requirements, we ensure that all food and drink provided is healthy, balanced, nutritious, and safe. We have regard to the Early Years Foundation Stage Nutrition Guidance (2025) and the new Safer Eating requirements.

We aim to make mealtimes happy, social, and educational experiences for all our children.

## **2. Aims and Objectives**

- Provide nutritious snacks that meet children's dietary needs and support healthy growth.
- Encourage healthy food choices, independence, and enjoyment of food.
- Ensure that all food and drink provided are prepared and served safely.
- Work closely with parents and carers to support children's individual dietary needs, allergies, and cultural preferences.
- Follow the EYFS 2025 "Safer Eating" requirements, ensuring a safe and inclusive environment for all.

## **3. Scope**

This policy applies to:

- All children attending Humpty's House Pre-School (ages 2–5).
- All staff and volunteers.
- All food and drink provided by the setting (snacks and drinks).
- Packed lunches brought from home.

## **4. Responsibilities**

- Manager: Ensures compliance with EYFS 2025 nutrition and food safety standards.
- All staff: Follow this policy when preparing or supervising snacks, maintain hygiene standards, and monitor children while eating.
- Parents/carers: Provide packed lunches that reflect healthy, balanced choices, in line with our guidance.
- Designated staff member: Oversees allergy management, including safe preparation, labelling, and serving of food.

## **5. Meals and Snacks Provided**

We provide morning and afternoon snacks each day, which may include:

- Fresh fruit and vegetables

- Wholegrain crackers, rice cakes, or toast
- Milk and water to drink

Children bring their own packed lunches from home. We encourage parents to pack nutritious, balanced meals following our healthy packed lunch guidance (see Appendix A).

We do not offer or allow sweetened drinks, chocolate bars, sweets as part of daily meals or snacks.

## **6. Nutrition Standards**

Our snacks are planned to reflect the “Provide, Limit, Avoid” framework from the 2025 EYFS nutrition guidance:

- Provide: fruit, vegetables, wholegrains, dairy or alternatives, water, milk
- Limit: processed foods, refined carbohydrates, foods high in salt or sugar
- Avoid: sugary drinks, confectionery, deep-fried snacks, and foods posing choking risks

We adapt snack menus seasonally to ensure variety and nutritional balance.

## **7. Dietary Needs, Allergies, and Intolerances**

- We collect full details of each child's dietary needs, allergies, and intolerances during registration.
- Information is clearly displayed (confidentially) for staff reference.
- Food is prepared separately and checked by a designated member of staff when required.
- We work in partnership with parents and healthcare professionals to ensure safe alternatives are provided.
- All staff are trained in allergy awareness and know how to respond in an emergency.

## **8. Safer Eating (EYFS 2025)**

Following the new EYFS 2025 Safer Eating requirements:

- A paediatric first aid-qualified member of staff is present at all times during meals and snacks.
- Children are always supervised when eating or drinking.
- Food is prepared in safe, age-appropriate sizes and textures to reduce choking risk.
- Children are encouraged to sit down calmly while eating.
- Staff are alert to any signs of difficulty and respond immediately.

## **9. Food Hygiene and Safety**

All snacks are prepared by trained staff in our kitchen area, following strict hygiene procedures:

- Hands are washed before and after food handling.
- Surfaces and utensils are cleaned and sanitised.
- Perishable items are stored at appropriate temperatures.
- Cross-contamination between allergenic and non-allergenic foods is prevented.
- Staff hold or work towards Food Hygiene Level 2 certification.

## **10. Packed Lunches from Home**

We ask parents to provide healthy, balanced packed lunches that reflect our approach to nutrition.

Lunches should:

- Include fruit and/or vegetables each day.
- Contain starchy foods such as bread, rice, or pasta.
- Include a source of protein such as meat, fish, eggs, beans, or pulses.
- Avoid sugary or high-fat snacks ( chocolate, sweets, fizzy drinks).
- Contain only water or milk as drinks.

We store packed lunches safely until lunchtime and encourage children to enjoy their food in a calm, social environment.

## **11. Celebrations and Special Occasions**

We love to celebrate birthdays and festivals, but we do so in a healthy and inclusive way.

We encourage non-food treats (stickers, songs, stories) or healthier food options (fruit platters, yoghurt) instead of cakes and sweets.

## **12. Training and Development**

All staff receive ongoing training in:

- Nutrition for children under 5
- Food hygiene and safety
- Allergy awareness and management
- Choking prevention and safer eating practices

Training records are reviewed annually.

## **13. Working with Parents and Carers**

We value strong partnerships with families.

We share:

- Snack menus and updates via newsletters and notice boards
- Our nutrition policy and packed lunch guidance
- Support materials about healthy eating for young children

Parents are welcome to share feedback or suggestions at any time.

## **14. Monitoring and Review**

This policy is reviewed annually or sooner if there are changes to guidance, staff, or the needs of our children.

The manager is responsible for monitoring compliance and ensuring continuous improvement.

Next Review Date: September 2026

### **Appendix A: Packed Lunch Guidance Summary**

- Provide: fruit, vegetables, starchy foods, proteins, dairy
- Limit: salty or sugary snacks, processed foods
- Avoid: fizzy drinks, sweets, whole nuts, high-sugar puddings
- Drinks: water or milk only

Signed: Vikki Hathaway-Porter

Position: Pre-School Manager

Date: September 2025