

Food and Nutrition Policy

Policy Statement

At Bunyan Preschool we are committed to supporting the health and well-being of all children in our care by promoting healthy eating habits and ensuring compliance with the Early Years Foundation Stage (EYFS) statutory framework and the Early Years Foundation Stage Nutrition Guidance (DfE, 2025).

We provide nutritious snacks and drinks, ensure children have access to water throughout the day, and work in partnership with parents to promote healthy packed lunches.

Children are always supervised during snack and lunch times to ensure safety, encourage positive eating habits, and provide support where needed.

2. Aims

- To provide children with a healthy and balanced snack during the morning session.
- To ensure fresh drinking water is available and accessible at all times.
- To encourage children to develop positive attitudes towards healthy eating.
- To work with parents and carers to ensure home-packed lunches meet nutritional expectations.
- To manage food allergies and dietary needs safely and effectively.

3. Snacks Provided by the Setting

- We provide toast and at least two different types of fruit or vegetables every day.
- Milk is available daily, and fresh drinking water is accessible at all times.
- Snacks are served in a calm, social environment where children are encouraged to eat independently, develop good table manners, and enjoy conversations.
- No sugary drinks, sweets, cakes, or chocolate are served at snack times.

4. Packed Lunches from Home

Although Bunyan Preschool do not provide lunch, we request that parents provide a healthy, balanced packed lunch for their child. To support this:

- We encourage variety including items from all the main food groups (carbohydrates, protein, fruit and vegetables, dairy).
- We discourage:
 - Fizzy drinks or sugary drinks
 - Chocolate bars, sweets, or confectionery
 - Food containing nuts (to protect children with allergies)
- We provide guidance and examples of healthy lunchbox ideas to parents and carers.

5. Drinks and Hydration

- Milk is offered during snack time.
- Fresh drinking water is available to children throughout the day and is encouraged during all sessions.

6. Allergies and Dietary Needs

- Parents/carers must inform us of any allergies or special dietary requirements.
- We maintain an allergy list accessible to all staff and displayed in food preparation areas.
- Staff follow strict hygiene practices to avoid cross-contamination.

7. Mealtime Practice

- Children are given sufficient time to eat (approximately 30 minutes for lunch).
- Children are supported to develop independence (e.g., pouring drinks, self-serving where appropriate).

8. Partnership with Parents

- We regularly communicate with parents about healthy eating and packed lunch guidance.
- We provide written guidelines and sample menus to support balanced choices.
- We work with families to respect cultural, religious, and dietary preferences.

9. Birthdays & Celebrations

- If parents wish to bring something for other children to celebrate their child's birthday, we ask that this is kept to a small cupcake or similar portion-sized treat.
- The preferred option is a healthy alternative, such as fruit-based treats or mini healthy snacks.
- Staff will check for allergies, intolerances, or cultural/religious dietary requirements before any treats are shared.
- Non-food ways to celebrate birthdays are encouraged, including special activities, storytelling, or small tokens such as stickers or pencils.

10. Food Safety

- All snacks are prepared following strict food hygiene standards.
- Staff receive food safety training and follow procedures for storage, preparation, and serving.

This policy was adopted by _____

On _____

Date to be reviewed _____

Name of signatory _____

Role of signatory (e.g. chair, director or owner) _____