



Trinity St. Peter's

Church of England Primary School

where children shine

Trinity St Peter's Foundation Stage Healthy Eating & Nutrition Policy

Our Vision

At Trinity St Peter's Nursery, we provide a safe, caring, and happy environment where children can thrive. We believe every child is unique, and we're here to support their development with warmth, encouragement, and enriching experiences. Our goal is to help children feel secure, valued, and ready to enjoy all the joys of early childhood — laughter, learning, and friendship.

Our Intent

This policy supports the Early Years Foundation Stage (EYFS) statutory framework and guidance on nutrition and safeguarding. We aim to create a culture of safety and well-being, with healthy eating as a key part of children's development and care. Healthy eating advice is shared through conversations and curriculum-based learning.

Key Aims

- Promote healthy, balanced meals and snacks that reflect children's dietary, allergy, and cultural needs.
- Encourage independence, good manners, and social skills during mealtimes.
- Work closely with families to ensure a shared understanding of nutrition and food safety.

Involving Families

We ask that Parents/carers provide details of any allergies /dietary requirements before their child starts. In the case of food allergies, a separate Allergy Action Plan should be completed and signed by Health Practitioners and the parent/carer detailing the child's needs and medication requirements. **Parents should keep staff updated with any changes.**

We regularly review children's needs with parents and involve them in reviewing this policy.

Meals / Snacks / Drinks

School meals

We provide a variety of meals through the School catering services, ensuring food meets all allergy and dietary needs. Meals are served from the Kitchen located off the school hall. They are planned using evidence-based age-appropriate national best practice food and drink guidelines and the menus for meals are planned to include different tastes, colours and textures. Menus are shared (e.g. Nursery door and [school website](#)) to ensure parents/carers know what is provided.

Mealtimes are sociable, supportive and help children build independence and confidence.

Packed Lunches

Parents are encouraged to send healthy, balanced lunches with clearly labelled containers. **We have a strict NO NUTS or nut-based products (including peanut butter) food policy and take care not to provide food containing nuts or nut products. We are especially vigilant where we have a child who has a known allergy to nuts.** In order to protect children with food allergies, we do not allow children to share and swap their food with one another at lunchtime.

Snacks

Morning snacks include fruit/veg and milk (government supplied). Afternoon snacks may include crackers, breadsticks, or baked items made by the children.

Drinks

Children should bring a reusable water bottle, which they can access at all times. Fresh drinking water is always available. We offer milk at both meal and snack times. For children who drink milk, we provide fresh pasteurised homogenised semi-skimmed milk, however, parents /carers can provide alternative milk e.g. soya/goats, as required.

Food Hygiene & Safety

- All staff receive regular food hygiene and allergy awareness training.
- Children wash hands before eating; all surfaces and utensils are cleaned thoroughly.
- Allergy information is clearly displayed for staff and updated regularly.
- There are pictorial aids on the Foundation stage fridge, school kitchen and Clubhouse to help staff know what the children's needs are. The school kitchen and Clubhouse staff are also given a copy of the individual children's allergies and kept up to date with any changes.

Monitoring & Review

Our Early Years leaders review this policy annually, ensuring we meet the latest standards and respond to feedback from families and staff.

Reviewed during academic year 2024/25

To be reviewed during academic year 2025/26