

Early Years Food and Nutrition Policy



Monitoring and Review of this Document:

The Trust shall be responsible for reviewing this document from time to time to ensure that it meets legal requirements and reflects best practice.



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Providing a cradle to career education that allows our children to enjoy lives of **choice** and **opportunity**



Document Controls

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Contents

Introduction

1. Policy Statement

2. Aims

3. Principles and EYFS Links

4. Promoting Learning and Development

5. Partnerships with Parents

6. Monitoring and Review



Introduction

At **Kippax Ash Tree Primary School**, we recognise the vital role that food and nutrition play in supporting young children's health, wellbeing, and development. A balanced diet in the early years lays the foundation for lifelong healthy eating habits and contributes to children's ability to learn, grow, and thrive. In line with the **EYFS Statutory Framework (2025)**, this policy sets out our commitment to providing safe, nutritious, and age-appropriate meals and snacks for children aged 2–3 years. We aim to create a positive mealtime environment that promotes independence, social interaction, and enjoyment of food, while working in close partnership with parents and carers to meet the individual dietary, cultural, and medical needs of every child in our care.

1. Policy Statement

At Kippax Ash Tree Primary School, we are committed to promoting the health, wellbeing, and development of all children through a positive approach to food and nutrition. This policy reflects the requirements of the **EYFS Statutory Framework (2025)**, particularly the safeguarding and welfare requirements, and ensures that children aged 2–3 years receive a healthy, balanced, and age-appropriate diet.

2. Aims

- To provide children with nutritious, balanced meals, snacks, and drinks that meet their developmental needs.
- To promote healthy eating habits and support children in making positive food choices.
- To work in partnership with parents/carers to respect cultural, dietary, and medical needs.
- To ensure staff are confident in implementing safe food practices in line with EYFS (2025).

3. Principles and EYFS Links

a. Meeting children's needs

- Meals and snacks will be freshly prepared, balanced, and reflect the Eat Better, Start Better guidance.
- Food will be appropriate to the age and stage of development, considering portion size, texture, and variety.
- Water and milk will be the only drinks offered, in line with EYFS 2025 requirements.

b. Special dietary requirements

- Individual medical, cultural, or religious dietary needs will be recorded on admission on Arbor.
- Allergy and intolerance information will be displayed clearly for staff in food preparation and serving areas.
- No food or drink will be given to a child where there is a risk of allergic reaction without prior written agreement from parents/carers.

c. Food hygiene and safety

- All staff involved in food preparation will hold a valid Food Hygiene certificate.
- Procedures for food storage, preparation, and serving will follow current Food Standards Agency guidance.



- Mealtimes will be supervised to reduce risks such as choking, with staff trained in paediatric first aid as required by EYFS 2025.

d. Healthy eating environment

- Mealtimes will be calm, social occasions where children and staff sit together.
- Children will be encouraged, but never forced, to try new foods.
- Staff will model positive attitudes to food.

4. Promoting Learning and Development

- Mealtimes will be used to support communication and language development (naming foods, turn-taking, social interaction).
- Children will be encouraged to develop self-help skills, such as feeding themselves and making simple choices.
- Links will be made to Understanding the World by introducing children to foods from different cultures.

5. Partnership with Parents and Carers

- Parents will be consulted about their child's dietary needs, routines, and preferences during induction.
- Menus will be shared with families in advance and displayed in the setting.
- Parents will be encouraged to provide healthy food for special occasions (e.g. birthdays).
- Staff will work sensitively with parents to promote healthy packed lunches (if applicable).
- Staff will log food eaten by each child on the Tapestry app to share with parents (2-3 year old room).

6. Monitoring and Review

- Menus will be reviewed termly to ensure variety and balance.
- Children's growth, health, and wellbeing will be monitored in partnership with parents and health professionals if needed.
- This policy will be reviewed annually, or sooner if new guidance is issued.