Hill Farm

Nutrition Policy

Date effective	1st September 2025
Review Cycle	Annually
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Date of Approval by Governors	October 2025
Headteacher	Dawn Wilson
Author	Aimee Mellett

Aims

At Hill Farm Primary School, we are committed to supporting every child's health, well-being and development through a high-quality nutritional offer that underpins their physical and emotional growth. As part of our wider aim to nurture independent, confident and curious learners, we provide nutritious, balanced food and drink that supports learning and lifelong healthy habits.

We adhere to the Statutory Framework for the Early Years Foundation Stage (2023), including the updated EYFS Nutrition Guidance (2025), ensuring that all meals, snacks and drinks support children's development in a safe and inclusive environment.

Principles into Practice

As part of our practice we:

- Provide meals, snacks and drinks that are healthy, balanced and nutritious.
- Align all food provision with the EYFS statutory guidance and national nutrition standards.
- Educate children about healthy eating through modelling, discussion, and hands-on experiences.
- Create a calm and positive mealtime environment where children can explore food and self-regulate intake.
- Respect and accommodate all dietary requirements, allergies, religious and cultural food practices.

- Work in close partnership with parents/carers to ensure continuity between home and school regarding food choices.

Legislation

This policy is based on requirements set out in:

- *Statutory Framework for the Early Years Foundation Stage (2023)*
- *Early Years Foundation Stage Nutrition Guidance (2025)*
- *School Food Standards*
- *Food Safety Act 1990 and associated regulations*

Structure of Food Provision in EYFS

Children in Nursery and Reception receive food and drink during the school day as part of snack times, mealtimes, celebrations, and curriculum-linked activities.

- **Nursery**:
  - All Nursery children are offered a daily healthy snack (such as fruit and vegetables) and water.
  - Fresh drinking water is accessible throughout the day.
  - Children attending full-time (30 hours) or extended sessions may stay for lunch.
  - Lunch may be a healthy packed lunch provided from home or a hot school meal that meets Food Standards and EYFS Nutrition Guidance.
- **Reception**:
  - Reception children receive a daily healthy snack along with milk at snack time.
  - Water is also available throughout the day.
  - All Reception children are provided with a nutritious school lunch or may bring a healthy packed lunch from home.
  - Meals follow the Food Standards and the EYFS Nutrition Guidance, promoting variety, balance, and appropriate portion sizes.
  - Mealtimes are social and supported by adults who model positive eating behaviours and encourage children to try new foods.

Food and Drink Provision

- Snacks and meals include a variety of fruit, vegetables, starchy carbohydrates, proteins and dairy (or alternatives).
- Only plain water or milk are offered throughout the day.
- Portion sizes are appropriate to age and appetite; children are not pressured to eat or finish all food.
- All food is prepared fresh on site or checked for compliance if sourced externally.

Packed Lunches

We support parents and carers in providing healthy packed lunches. Guidance includes:

- Inclusion of fruit, vegetables, wholegrains, protein, and dairy items.

- We encourage families to **limit** items such as chocolate bars and crisps in packed lunches, in line with healthy eating guidance. Where possible, we suggest healthier alternatives such as fruit, yoghurt, or wholegrain snacks.
- Encouraging water as the primary drink.

Our aim is to support families in making informed food choices, and we are always happy to provide guidance or ideas for nutritious packed lunches if needed.

Food Safety and Allergies

- All food is prepared following current food safety legislation.
- Staff involved in food handling complete Level 2 Food Hygiene training.
- Allergy and dietary needs are recorded, reviewed regularly and displayed clearly (confidentially) for staff reference.
- Where applicable, separate preparation areas and utensils are used to avoid cross contamination.

Food Education and Curriculum Links

In line with the EYFS curriculum, children experience food-related learning that promotes curiosity and healthy habits, including:

- Tasting a wide variety of fruits, vegetables and other nutritious foods.
- Simple food preparation activities, such as making wraps or fruit salads.
- Discussions about food origin, preparation, hygiene and sustainability.
- Celebrations and cultural events that explore food from around the world in a healthy and inclusive way.

Working with Parents and Carers

At Hill Farm Primary School, we value the role of families in promoting healthy eating habits.

- Parents are informed of menus and expectations.
- Opportunities for engagement include parent workshops, recipe sharing and informal conversations.
- We offer guidance on healthy eating at home and signpost to external support services where needed.

Inclusion

We are committed to providing a food offer that meets the needs of all children, regardless of background, ability, dietary need or cultural belief.

- Early identification of dietary requirements ensures all children can safely access food provision.
- We liaise with external agencies, dietitians or healthcare providers when needed.

Assessment

Practitioners observe children's eating habits to:

- Identify preferences, allergies, or aversions.
- Support independence, fine motor skills and social interaction during mealtimes.
- Use observations to adapt menus, support education, and inform family communication.

Safeguarding and Welfare Procedures

Our food provision complies with all safeguarding and health and safety requirements. Mealtimes are always supervised, and routines promote safety and well-being.

Monitoring Arrangements

This policy will be reviewed and approved by the policy lead and chair of governors on an annual basis. At every review, the policy will be shared with the governing board.