

## Nursery Healthy Eating Policy

<b>Date Agreed:</b>	<b>27/04/2026</b>
<b>Review Date:</b>	<b>27/04/2027</b>
<b>Type of Policy:</b>	<b>School</b>

Revision Number	Date Issued	Prepared by	Approved	Comments
I	27.04.26	LE	27.04.26	New Policy

<i>Type of Policy</i>	<i>Tick ✓</i>
DCAT Statutory Policy	✓
DCAT Non-statutory Policy	✓
DCAT Model Optional Policy	
Academy Policy	
Local Authority Policy	

### **1. Aims**

At Little Common School Nursery, we are committed to promoting healthy eating habits and providing nutritious food that supports children's growth, development, and wellbeing. We aim to develop positive habits early on as children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

This policy outlines our approach to food provision, education, and partnership with families, in line with national guidance.

### **2. Legislation and statutory guidance**

This policy has been developed in line with the following statutory requirements and national guidance:

[Keeping Children Safe in Education \(DfE\)](#)

[EYFS Framework \(September 2025\)](#)

[Early Years Foundation Stage Nutrition Guidance \(May 2025\)](#)

### **3. Meal and snack times**

At Little Common School Nursery, we believe that healthy eating is the foundation for happy, thriving children. We are committed to providing nutritious meals and snacks that support children's physical development, emotional wellbeing and learning.

We provide freshly prepared meals and snacks that are:

- Balanced and varied, including plenty of fruit, vegetables, whole grains, and protein
- Low in added salt and sugar, in line with national guidance for early years nutrition
- Designed to meet the dietary needs of growing children
- Inclusive of cultural, religious, and allergy-related requirements

Parents of children at Little Common School Nursery can opt in to purchase and enjoy:

- A healthy morning snack
- A nutritious lunch
- An afternoon snack
- A healthy breakfast/afternoon tea is provided if attending the 7:45am / 3:00pm sessions
- Access to fresh drinking water throughout the day
- Milk or milk alternative is offered as an added drink option

Hot lunches are provided by the school catering team.

All meals follow Schools Food Standards and the Early Years Nutrition guidance.

### **4. Learning about Healthy Eating**

Food is part of our learning at Little Common Nursery. We explore healthy eating through:

- Cooking and baking activities
- Role play and imaginative games
- Stories, songs, and discussions about food and health

Children learn:

- Where food comes from
- Why it's important to eat a balanced diet
- How to make healthy choices

## Learning about Food

At Little Common School Nursery, we weave food and nutrition into all seven areas of the Early Years Foundation Stage (EYFS), helping children build healthy habits while developing key skills across the curriculum.

- **Personal, Social and Emotional Development**  
Mealtimes are a wonderful opportunity for children to try new foods, build confidence, and learn to share with friends. Cooking together encourages teamwork and boosts self-esteem as children take pride in their creations.
- **Physical Development**  
From digging in the garden to chopping fruit or washing up, food-related activities help develop both fine and gross motor skills. We also use mealtimes to talk about making healthy choices and caring for our bodies.
- **Communication and Language**  
Sitting together at the table encourages conversation, turn-taking, and listening. Children learn new words as they describe flavours, textures, and ingredients, building their vocabulary in a natural, social setting.
- **Literacy**  
Stories about food spark curiosity and discussions about where food comes from, how it is prepared, and its role in different cultures and celebrations. We explore descriptive language through sensory experiences with food.
- **Mathematics**  
Food-related activities provide many opportunities for counting, measuring ingredients, sorting food, and setting the table, supporting number skills and problem-solving.
- **Understanding the World**  
Through tasting, growing, and cooking food, children learn about seasons, life cycles, and cultural diversity. Gardening teaches responsibility and care for living things, while food exploration helps children understand the world around them.
- **Expressive Arts and Design**  
Food inspires creativity through activities such as painting with fruit, vegetable printing or designing menus, allowing children to use food as a medium to express themselves and explore colour, shape, and texture.

## **5. Special Occasions**

At Little Common School Nursery, we love to celebrate birthdays and special milestones with our children and families.

We understand that many parents enjoy marking these occasions by bringing in treats to share — but we also want to make sure celebrations support our commitment to healthy eating.

To help keep things balanced, we do not accept food treats and encourage families to consider non-food treats such as stickers or story time surprises. These options keep the fun alive while supporting the health and wellbeing of all children in our nursery.

We'll always work closely with families to ensure everyone is informed and involved in creating joyful, inclusive celebrations that reflect our values.

## **6. Food from home**

In line with our healthy eating policy, we ask parents to provide a healthy lunch box and snacks (if meals and snacks are not provided by nursery).

### Allergies & Special Diets

Little Common Nursery operates a 'no nut policy', and this includes any foods that may contain nuts or nut products. For packed lunches, Nursery staff understand that some children may have verified medical conditions requiring special diets that do not allow for the standards from this policy to be met exactly. In this case parents are urged to discuss this with Nursery staff and to be responsible in ensuring that packed lunches are as healthy as possible.

Children will eat their own packed lunch and will not be allowed to swap any food with other children. Fresh drinking water is available at all times. Nursery staff will work with parents to encourage packed lunches to meet the standards listed below. As fridge space is not available, children are advised to bring packed lunches in insulated bags with freezer blocks where parents and carers feel it is required.

Each packed lunch should contain:

- At least one portion of fruit and one portion of vegetables every day. Grapes and cherry tomatoes should at minimum be halved lengthways for nursery age children.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- Oily fish, such as salmon or tuna, at least once every three weeks.
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese (not processed cheese products e.g. Dairylea Lunchables or similar), yoghurt, fromage frais or custard every day.
- Pretzels or crackers may be included.
- Vegetable sticks and dips.

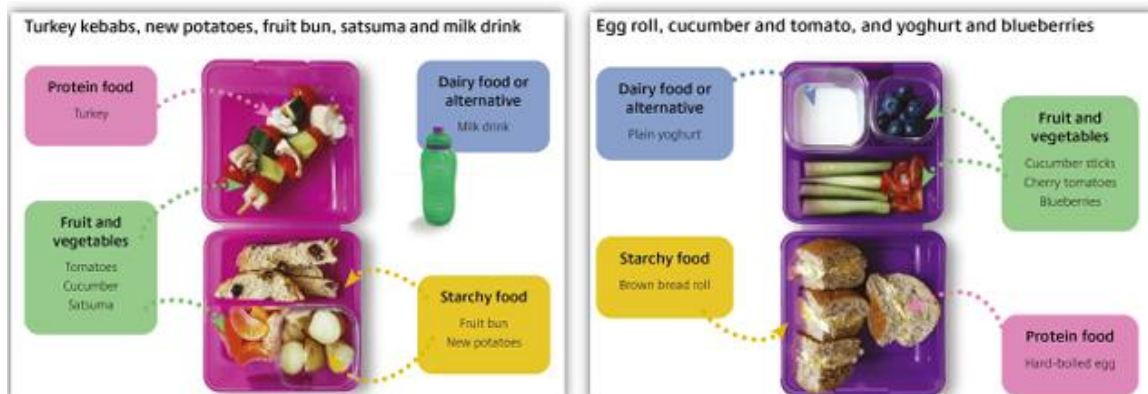
Packed lunches can 'Sometimes' include:

- A meat product such as a sausage roll or an individual pie or corned meat.
- A small portion of crisps.

Packed lunches should never include:

- Sweet treats such as chocolate bars, chocolate-coated biscuits and sweets.
- Large bags of crisps.
- Any sugary soft drinks, such as a fizzy drink (even if labelled as 'sugar -free', 'no added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

Example packed lunch:



## **7. Oral Health**

Promoting oral health in early years and at Little Common Nursery is essential to protect young teeth and establish good habits. Oral hygiene is very important in achieving overall good oral health. This is also becoming a key aspect on which the EYFS (early years foundation stage) is focusing. To reduce the risk of tooth decay, we provide healthy nutritious snacks and meals with limited sugar. We ask that packed lunches avoid foods high in free sugars. Instead, we encourage healthy options like crunchy vegetables, fresh fruit, plain yoghurt, and water. Milk and water are the only recommended drinks for oral health, and fruit juices or smoothies should not be part of a child's daily diet.

We talk to children about brushing teeth and promote oral health as part of our curriculum. If you're unsure of your local family dentist, you can use the NHS website to find your closest one: <https://www.nhs.uk/service-search/find-a-dentist>

If you require any support or guidance with oral health at home, please do not hesitate to speak with the Nursery staff who will try their best to support you and provide you with further information. We work in partnership with families to promote good oral health habits both at nursery and at home.

## **8. Monitoring arrangements**

This policy will be reviewed annually.