



Winshill Village Primary and Nursery School

EYFS Food & Nutrition Procedure 2026-2027



Reviewed: September 2026

Next Review: September 2027

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EYFS Food & Nutrition Procedure

Statement of Intent

At Winshill Village Nursery, we are committed to supporting children's health, wellbeing, and development through the promotion of positive eating habits and access to nutritious, balanced meals. In line with the updated **EYFS Nutrition Guidance (April 2025)**, we work in partnership with parents and carers to encourage the provision of healthy packed lunches and snacks.

Healthy eating is embedded within our curriculum and daily routines. Children are encouraged to make choices wherever possible, for example at snack time, developing independence and awareness of healthy options. Mealtimes are structured to be calm, social, and positive experiences that promote good manners, communication, and enjoyment of food.

We never pressure children to eat but gently encourage them to explore and try a wide variety of foods, celebrating healthy choices and supporting every child to build lifelong positive attitudes towards food and nutrition.

Breastfeeding Support

At Winshill Village Nursery, we are proud to be a supportive breastfeeding environment. We recognise that breastmilk provides the ideal source of nutrition for infants, particularly during the first year of life.

We provide refrigerated storage for expressed breastmilk, which must be clearly labelled with the child's name and date. Mothers are warmly welcomed to breastfeed within the setting, and a comfortable, private space will be made available if desired.

Our staff can also signpost parents and carers to further breastfeeding advice and support services where needed.

Inclusive Food Provision

At Winshill Village Nursery, we aim to provide food that is suitable for all children in our care. We ensure that the nutritional needs of children with special requirements are fully considered and supported.

Our food provision reflects the diverse ethnicities and cultures of our children, and we work in partnership with parents and carers to seek advice and guidance so that every child's individual needs are met.

What We Provide

At Winshill Village Nursery, we provide children with healthy snacks throughout the day, including fresh fruit, vegetables, breadsticks, and milk or water. Parents and carers are responsible for supplying a packed lunch on the days their child attends over lunchtime.

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Mealtimes are valued as calm, social, and positive experiences. As a packed lunch setting, children are often introduced to new foods by observing their peers and staff enjoying a variety of meals. Staff sit alongside the children to model healthy eating habits, support with opening containers, and encourage good table manners.

We gently encourage children to explore and try new foods, always in a supportive and pressure-free way. All staff supervising mealtimes are trained in Paediatric First Aid. Drinking bottles are refilled with fresh tap water throughout the day to ensure children remain hydrated.

Packed Lunch Expectations

All packed lunches will be checked at the start of lunchtime to ensure they are safe and suitable. Please do not send food or drinks in glass containers or bottles.

We kindly ask that every packed lunch includes:

- One portion of starchy food (e.g. bread, pasta, rice, or wraps)
- At least one portion of fruit or vegetables
- A source of protein (e.g. meat, eggs, beans, lentils, or fish)
- A dairy item (e.g. cheese, yoghurt, or a suitable alternative)

Item to Avoid in Packed Lunches

To support children's health and safety, we kindly ask that the following items are not included in packed lunches:

- Confectionery such as sweets, chocolate bars, or cakes
- Sugary drinks (including fizzy drinks or high-sugar squashes such as Fruit Shoots) – water is the best drink to accompany food
- Foods high in salt or saturated fat (e.g. crisps, sausage rolls) – these should be kept to a minimum
- Choking hazards such as marshmallows, popcorn, boiled sweets, and jelly cubes

Food Safety and Storage

Please be aware that we are unable to reheat or refrigerate children's packed lunches. To ensure food remains safe and fresh throughout the day, we recommend:

- Using a clearly labelled insulated lunch bag or box
- Including ice packs to keep perishable items cool
- If providing a hot meal, using a child-friendly food flask designed to retain heat safely

Allergies and Dietary Needs

To keep all children safe:

- We are a nut-free setting – please do not include any food items containing nuts.
- Parents and carers must inform us of any allergies, dietary needs, or cultural preferences. This information is collected on your child's registration form, but it is essential that you notify us of any updates or changes immediately.

Celebrations

At Winshill Village Nursery, we value children's birthdays and enjoy celebrating these special occasions together. Families are welcome to provide a cake or another treat if they wish, but we kindly ask that you check all **dietary requirements and allergies** with us beforehand.

If a sweet treat is shared for a birthday celebration, we will ensure that no additional sweet baking activities are planned during the same week, helping us to maintain a balanced approach to food and nutrition.

Cooking and Learning about Food

Cooking and food education form an important part of our curriculum. Children are taught about different types of food, including both healthy and less healthy options, and are encouraged to make positive choices.

When cooking activities take place, we ensure children experience a variety of foods and ingredients. To maintain balance, we do not plan sweet cooking activities during the same week that a sweet treat has been provided for a celebration.

Children also learn about the importance of good hygiene when preparing food, such as washing hands thoroughly and tying back long hair.

Food safety and Hygiene

All staff complete regular food hygiene and allergy awareness training to ensure the highest standards of practice. Children's individual dietary needs and allergies are clearly recorded on the register and in the kitchen for staff reference.

All emergency medication, including EpiPens, is clearly labelled and stored securely in the medication cabinet. These are always taken outside during outdoor play to ensure immediate access if needed.

Sustainability

At Winshill Village Nursery, we are committed to caring for the environment. All food waste is collected and recycled, helping children to understand the importance of reducing waste and looking after our planet.