



Food and Nutrition Policy

This policy has been written in line with the EYFS Nutrition Guidance (April 2025).

At Cookham, Maidenhead and The Lawns Nursery School Federation we are committed to promoting healthy eating habits and ensuring that all children receive a nutritious and balanced meal while in our care, whilst also ensuring that healthy eating is part of our curriculum. In accordance with the updated Early Years Foundation Stage (EYFS) nutrition guidance released in April 2025, we ask parents and carers to provide a healthy packed lunch.

We develop our policy in partnership with children and give children choices wherever possible, such as at snack time. We ensure lunchtimes are a calm and positive part of our day. While we never pressure children to eat, we gently encourage them to try a range of foods and celebrate healthy choices.

What We Provide

We provide **healthy snacks** during the day, such as fruit, vegetables, milk or water. Parents are responsible for providing their child's **packed lunch** on days they attend over lunchtime.

Packed Lunch Expectations

We will monitor packed lunches at the start of lunchtime. We kindly ask that packed lunches include:

- **A 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 in the case of dairy intolerance).

We encourage that the following items are avoided:

- Confectionery such as sweets, chocolate bars, biscuits or cakes.
- Sugary or sweetened drinks including fizzy drinks and squashes – water is the best drink for children with food.
- Highly processed foods and food high in salt should be limited.
- Marshmallows, popcorn, boiled sweets and jelly cubes (all of which are choking hazards).

Healthy fruits and vegetables that present potential choking hazards (such as grapes, tomatoes and cherries), should be cut up and, in the case of cherries, destoned.



Food Safety and Storage

Please note that **we do not have the facilities to reheat or refrigerate food**. To keep packed lunches safe and fresh:

- Use an **insulated lunch bag or box**, clearly labelled with your child's name.
- Include **ice packs** to keep perishable items cool.
- If sending a warm meal, please use a **child-friendly food flask** designed to retain heat.

Allergies and Dietary Needs

To ensure the safety of all children:

- Please do not include any food items containing **nuts**, as we are a **nut-free** setting.
- Inform us of any **dietary needs or allergies** your child has (this information is requested on a child's registration form, however, we must be notified of any changes to your child's dietary needs or allergies. This also includes cultural preferences.

Mealtimes are a calm and social part of our day. We are a packed-lunch setting and this in itself can introduce children to a new range of foods that they see other children and staff are enjoying. Staff sit with children during lunchtime to model behaviour and to support with opening containers etc. We provide gentle encouragement for children to try new foods in a pressure-free way. All staff supervising mealtimes have completed 12-hour paediatric first aid training.

Cooking and Learning about Food and Sustainability

Cooking and learning about food is a key part of our curriculum. We teach children about having a balanced diet and encourage them to make healthy choices.

We grow healthy fruit and vegetables in our own gardens and use these for both snacks and for learning about different food plants. We also make our own compost from fruit peelings, teaching children about sustainability.

When cooking with children we make sure we are cooking with a range of different foods.

Food Safety and Hygiene

We ensure that all staff complete food hygiene and allergy training and are made aware of children's individual dietary needs, which are also recorded on both the register and in the kitchen. All EpiPens are clearly labelled and stored in the medication cabinet.



Cookham, Maidenhead and The Lawns
Nursery School Federation



Approved by: Teaching and Learning Committee

Signed by Chair of Governors:

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