

# Widford Lodge

## PREPARATORY SCHOOL



## EYFS Food and Nutrition Policy

**This policy applies to all staff, volunteers and pupils in the school, including in the EYFS**

## **Introduction**

At Widford Lodge we understand the need for a healthy life style. We aim to educate the EYFS children and help them learn how to eat a well-balanced diet, maintain a healthy life-style and have good oral health.

The Early Years Foundation Stage nutrition guidance 2025 states:

*Providing healthy, balanced and nutritious food ensures that all children:*

- *Get the right amount of nutrients and energy they need while they are growing rapidly, which is especially important for children who might not have access to healthy food at home. This can help prevent children from becoming overweight or obese.*

- *Develop positive eating habits early on. 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.*

*The early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health.*

We follow this guidance to promote best practice.

## **Objectives**

### **Snack time**

Preschool children and staff sit together in the snack room, we believe in teaching the children manners, good social skills and ask them to try new foods they may not have had before. All pre school staff have paediatric first aid qualifications.

We aim to provide a nutritious snack consisting of one starchy carbohydrate and two fresh fruits and vegetables. Fresh drinking water is available all day.

Snack menu example

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Am	Cracker Carrot Cucumber	Pitta bread Apple Banana	Sandwich Melon Yogurt	Breadstick Carrot Cucumber	Rice cakes Raspberries Cheese
Pm	Rice cakes Apple Banana	Cracker Carrot Cucumber	Breadstick Grapes Banana	Sandwich Melon Banana	Savoury Biscuit Apple Strawberries

One half piece of fruit = 1 portion

Parents provide their children's snack in the Reception class; the staff monitor these snacks to ensure a healthy option has been provided. At our Reception Parent Information Evening parents are given a guide as to which sorts of snacks should be supplied. Parents also supply a full bottle of water which is monitored by the staff and refilled when needed. Children eat their snacks at their tables in the Reception classroom, always supervised by a member of staff with paediatric first aid certification.

For perishables which should be kept cool, staff use the 'four hour rule' where ice packs have not been provided. Lunch boxes are kept in a cool area of the classroom and are clearly labelled with the children's names.

### **EYFS Lunchtime**

For lunchtime meals, children are able to choose from a selection of items covering the 4 main food groups:

- Vegetables
- Fruits
- Grains
- Protein

Food is prepared and cooked in the school kitchen, which is inspected routinely by the local authority as a premises serving food and therefore has to follow appropriate standards. All kitchen staff have completed Food Hygiene level 2 or 3 training and this is recertified every three years.

All EYFS children, those in the preschool and Reception, eat lunch in the Hall supervised by preschool and Reception staff.

Lunch menu example

Day	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato with cheese and beans (M) Grated carrot, sweetcorn Marble Cake (E)(G)(M) Fresh fruit	Gammon Steak Cheese and Onion Puffs (G)(M) New potatoes, green beans Yogurt (M) Fresh fruit	Chicken Tikka (M) Vegetable Tikka (M) Rice, broccoli Fresh fruit	Roast beef, Yorkshire pudding (E)(G)(M) Cheese and Broccoli Bake (M) Roast potatoes, carrots, cauliflower Fresh fruit	Friday 9th May Fish Finger (G)(M)(F) Vegetable Finger (G) Chips, baked beans, peas Fresh fruit Smoothie (M)

(G) – Contains Gluten, (E) - Contains Eggs, (M) – Contains Milk, (F) Contains Fish.

Fresh drinking water is also provided at lunchtime.

When menus are being prepared, we take into consideration the importance of children's religious and ethnic back-ground, allergies and intolerances, and parental preferences.

Checking that food served to children in the preschool is in line with the children's dietary and medical requirements is the responsibility of the preschool leader. For the Reception class this is the responsibility of the reception teacher.

### **Packed lunch options**

In line with the Free Entitlement Guidance, parents have the option to provide a packed lunch if this is more affordable for them; if and when this happens, parents are given ideas of suitable items to use.

### **Allergies/intolerances/preferences**

Parents complete 'Emergency Forms' before starting at Widford Lodge, one of these forms asks for dietary needs, details of allergies and/or intolerances and also gives the option for parental preferences, for example, "no grapes due to sugar content".

### **Preschool - food preparation**

The fresh fruits and vegetables (and sandwiches etc) are prepared in the snack room. Staff wear aprons especially for food prep which are washed each half term. Hands are washed before food prep (vinyl, powder free food gloves are available if staff wish to use them). Work surfaces are cleaned before and after food prep with surface spray suitable for food preparation. Chopping boards are replaced yearly. Tea towels are replaced daily.

When preparing foods that are a choking hazard (grapes, raspberries, strawberries, small tomatoes and blueberries) they are cut into quarters, lengthways to avoid choking concerns.

Staff use the traffic light system when choosing foods for the menu – red, orange, green. We will aim to choose foods with the green banner.

All pre school staff have completed Food Hygiene training level 3 and recertify this training every three years.

### **Preschool - food storage**

Fresh fruit is stored in the snack cupboard in a fruit bowl (during the very warm weather they may be stored in the fridge). The fruit bowl is washed regularly. Crackers/rice cakes/breadsticks etc are stored in the snack room drawers. Bread is stored in the snack room cupboard. Fresh vegetables are stored in the fridge.

Clip-lock boxes are used to store foodstuffs.

The fridge temperature is checked daily. The fridge is cleaned termly. No raw meat is stored in the fridge.

Food is not used when it has passed its 'use-by' date.

### **EYFS - Staff**

We believe in setting a good example for the children, staff eat their own snacks with the children and lead by example. Staff should eat a healthy well-balanced snack too. Fresh drinking water for staff is always available.

### **EYFS - Education**

During the school year we aim to cover topics relating to a healthy lifestyle. We aim to cover oral health topics, inviting dentists or dental nurses to talk to the children. We cover themes such as Food and Food Safety where we teach the children how to have a well-balanced diet. We have physical play twice a day and music and movement sessions twice a week which allows us to educate the children about exercise and the effect exercise on the body, helping us to have a healthy body.

In preschool and Reception we carry out cooking activities with the children, we make healthy snacks such as banana and date flap jacks, fruit kebabs, smoothies and pizza muffin faces and cook as part of providing experiences of various cultures and celebrations, such as cooking noodles for Chinese New Year or making pancakes for Shrove Tuesday. We teach the children mathematical

skills when weighing ingredients, knowledge of the world when using the oven and other cooking equipment and healthy eating habits too. The children in Reception talk about the changes in state which can be seen when cooking.

We teach the children the importance of hand washing throughout the day, but especially before eating or cooking.

### Preschool - Special occasions

We feel celebrating children's birthdays with them and their friends is very important. If children bring a cake into school for a celebration, we will speak about the fact it is a treat, and a little treat is ok as long as you have a balance. We will have fresh fruits and vegetables to accompany the cake and only a small portion is given to the children.

Policy written June 2025.

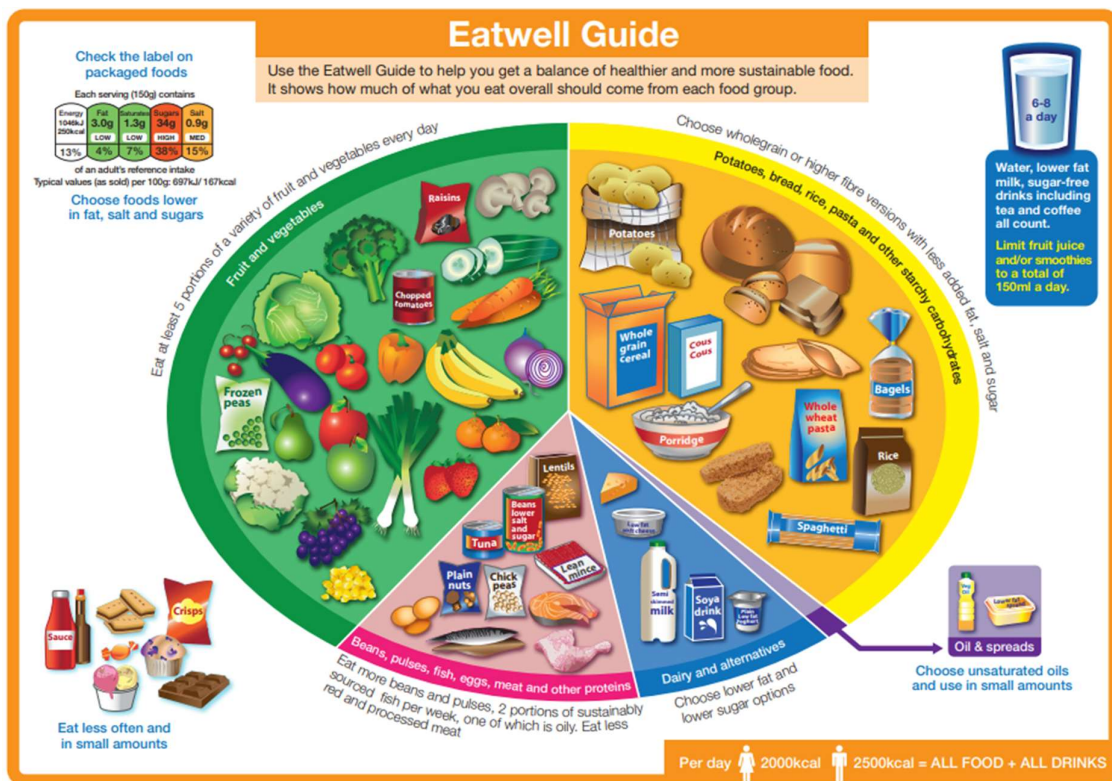
Please note:

Lunch time menus and snack lists for the EYFS are on the school website.

### Helpful guidance used in this policy


NHS – Eating a well-balanced diet (July 2022)

NHS Eatwell guide:




Department for Education portion size guide:

# Portion sizes for children aged 5 and under



Food group	Portion size
A variety of fruit and vegetables (at least 5 portions each day)	
Cooked and raw	40g
Carbohydrates (4 portions each day)	
Cooked rice, pasta and potatoes	80g
Bread	25g
Average sized potato	1
Dairy and alternatives (3 portions each day)	
Milk	150ml
Cheese (sliced or grated)	15g
Cottage cheese	30g
Plain yoghurt	60g
Protein (2 portions each day)	
Baked beans	55g
Egg	55g
Meat, fish and poultry	40g
Most pulses and hummus	40g

 Department for Education

Department for education recipe card example:

# Chicken and vegetable pasta salad

Tea

Serves 10

**Nutrition:** protein, carbohydrates, vitamin C

### Ingredients

- 1 red pepper, deseeded and thickly sliced
- 1 red onion, thickly sliced
- 1 tbsp olive oil
- 400g penne or fusilli pasta
- 3 skinless chicken breasts, diced
- 2 tbsp chopped thyme
- 2 tbsp oregano
- Pinch of dried chilli flakes
- 2 garlic cloves, crushed
- 150g cherry tomatoes, quartered
- ½ cucumber, diced

### Method

Heat oven to 200°C. Mix the pepper and onion with 1 tsp oil and roast for 20 minutes.

Cook the pasta following the instructions on the pack. Drain and set aside.

While the pasta is cooking, season the chicken with the remaining oil, herbs, chilli and garlic and bake in the oven at 200°C for 15 to 20 minutes. Make sure the temperature of the chicken reaches 75°C.


Add the chicken with any juices, roasted onion and pepper to the pasta. Toss together with the cherry tomatoes and cucumber and eat warm or cold.

### Known allergens\*


Gluten

### Substitutions

Use a gluten free pasta product



\*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.

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