



Triumph Learning Trust

Aspiration - Collaboration - Innovation

Early Years Food and Nutrition Policy

Policy Details

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1. Introduction

We are committed to promoting and supporting the health and well-being of all children through a whole-school approach to food and nutrition. We aim to ensure that all food and drink provided is healthy, balanced, nutritious, and in line with the Early Years Foundation Stage (EYFS) Nutrition Guidance (May 2025). This policy applies to all children in Before and After School club who are 5 years and under, Nursery and Reception, as well as to staff involved in food preparation, planning, or support, and external food providers.

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in PSHE about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is balanced and nutritious. We will work with parents and other agencies to extend healthy eating patterns into the wider lives of our learners.

2. Objectives

- To provide children with healthy, balanced meals, snacks, and drinks in line with national guidelines.
- To ensure all children receive a nutritious and age-appropriate diet that supports growth, learning and development.
- To develop positive lifelong attitudes towards healthy eating/drinking.
- To accommodate cultural, medical, and dietary needs.
- To work collaboratively with parents and carers to promote consistent messages about food.
- To alert learners to the dangers of an unhealthy diet.
- To provide all learners with healthy food and drinks in school.
- To ensure compliance with the *School Food Standards (DfE)* and the *Early Years Foundation Stage (EYFS) statutory framework*.

3. Strategies

- To use the curriculum in PE, science, PSHE to educate learners about healthy eating and drinking.
- To give learners a good understanding of a healthy diet that will promote their growth and well-being.
- To provide healthy eating and drinking options when snacks are provided.
- To provide healthy and balanced school meals that, where possible, contain sustainable and locally sourced produce in line with our policy for sustainable schools.
- To make strong links in PE and play, between healthy eating and regular exercise.
- To build strong and supportive links with parents to carry the education about healthy

eating and drinking into the homes and wider lives of the learners.

- To make good use of the external agencies for healthy eating to support our work.
- The individual school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The individual school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Parents will need to provide children with a suitable container which stores their lunch.
- Children must only eat their own food and no other children's.
- Individual School will praise children for trying new foods but offering rewards to children for finishing everything on their plate will be discouraged (e.g. stickers).
- Menu planning will be shared with parents so they are aware of what is on offer, which food groups are included daily and what allergens they need to be aware of.
- Children will only be encouraged to drink water or milk.
- Food preparation and expiration will be included in the EYFS curriculum to give children the opportunity to try different foods, prepare snacks and be introduced to a variety of snacks.
- Food provided will be in line with the Eatwell Guide and portion sizes will take into consideration the age and wellbeing of the child.
- Food will be prepared in line with the Early Years Food Choking Hazards from the Food Standards Agency.
- To ensure compliance with the *School Food Standards (DfE)* and the *Early Years Foundation Stage (EYFS) statutory framework*.
- Meals and snacks provided by individual Schools meet the **School Food Standards**.

4. Guidance Allergies

- Individual Schools must find out if a child has any food allergies before they are admitted into your setting. Where parents have alerted school of allergies, any medical professionals involved will be contacted.
- All staff are trained to recognise allergic reactions and respond using individual care plans and emergency procedures.
- Allergen information is documented, regularly reviewed, and shared with all relevant staff.
- The individual schools follow clear procedures for managing food allergies and intolerances, including individual health care plans.
- Procedures are in place to prevent cross-contamination in food preparation and

serving.

5. Food from Home

- Parents/carers providing packed lunches must follow healthy eating guidance shared by the school.
- Foods high in sugar, salt, and saturated fats are discouraged.
- Information on suggestions for packed lunch items will be shared on the school website and included in welcome packs.
- Allergen information must be clearly communicated and food labelled where appropriate.
- Many families like to celebrate their child's birthday and other special events by bringing in a cake or sweets to the setting to share. This can mean that some children are eating these foods several times a week. Therefore, we encourage parents not to bring in food items and birthdays can be celebrated in class. options to celebrate with such as bubbles or stickers).

6. Special Diets/Medical Needs

The individual schools also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Some adaptations may be made in school to ensure all children are able to access the school's nutritional offer. If a child requires a special diet for a medical reason, schools will have written confirmation from their health professional about the nature of their specific needs so that their nutritional requirements can be achieved. This information should be recorded, updated regularly and communicated to all staff involved in the preparing and handling of food.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

7. Outcomes

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives. The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.

8. Linked Policies

- Safeguarding and Child Protection Policy
- Health and Safety Policy
- Allergy and Medical Conditions Policy

- Curriculum Policy