



Grange Primary School Food and Nutrition Policy

(Based on EYFS Nutrition Guidance, May 2025)

Introduction and Purpose

This policy sets out Grange Primary School's commitment to providing **healthy, balanced, and nutritious food and drink** in line with the Early Years Foundation Stage (EYFS) statutory framework and the Department for Education's nutrition guidance (May 2025).

Our aim is to:

- Encourage children to enjoy a **balanced diet** containing a variety of foods.
- Support children's **growth, development, and learning outcomes**.
- Promote **lifelong healthy eating habits**.
- Ensure compliance with statutory safeguarding and welfare requirements.

Guiding Principles

- Meals and snacks will meet the **School Food Standards** and EYFS portion size guidance for ages 4–11.
- Food's high in sugar, salt, or saturated fat will be limited and clearly identified.
- Meals and snacks will respect cultural, religious, and dietary needs.
- Dining will be social, enjoyable, and supportive of independence.

Meals, Snacks, and Drinks

- Hot meals for Reception children are prepared onsite by a Derbyshire County Council catering team and consist of a wide variety of foods from the four main food groups, giving children a balanced and varied diet. Vegan and vegetarian options are always available.
- Some children bring a packed lunch from home. Parents are encouraged to ensure this aligns with healthy eating principles.
- Snacks are available for all EYFS children; these consist of fresh fruit or vegetables. In Nursery, snacks are planned in line with EYFS guidelines, avoiding items which are high in saturated fats, sugar and salt.
- Water and milk are available at all times for our Nursery children; fruit juice is limited to mealtimes.
- Grange Primary School is a '**no nuts**' school and items containing nuts should not be brought into school.

Environment

- Children sit together at snack and meal times and are supervised closely by staff members.
- Children are encouraged to try new foods but never forced.
- Cultural and individual preferences are always respected and celebrated.



Food from Home

- Parents are encouraged to provide **healthy packed lunches**.
- Sugary drinks, confectionery and crisps are discouraged.
- All food from home must be sent in a clearly labelled lunchbox.

Food Safety and Hygiene

- Parents **must** inform staff of any food allergies or intolerances immediately.
- Information of food allergies and intolerances is displayed in classrooms and eating areas (with consent from parents).
Allergies and intolerances are carefully monitored, with clear communication between staff and parents.
- If a child requires a different snack due to a food allergy or intolerance, this should be provided by parents and kept **separately** to other food and drink in a clearly labelled container.
- Safer Eating regulations (EYFS 2025, sections 3.63–3.70) are followed. All EYFS staff hold a full and relevant paediatric first aid certificate.
- **All staff involved in food preparation will hold** food hygiene training.

Communication and Education

- Parents and carers receive regular updates on lunch menus via WEDUC.
- Through a broad and balanced curriculum children learn about the importance of healthy eating. They are encouraged to experience new foods through food tasting and cooking experiences.

Written in December 2025.

Review date – December 2027.