

Nursery Food and Nutrition Policy

Introduction

This Food and Nutrition Policy set out the approach of The orchard Day Nursery to supporting children's health, wellbeing, and development through safe, nutritious, and inclusive meals. It reflects the EYFS 2025 statutory framework and demonstrates our commitment to healthy eating, allergy safety, hygiene, and positive food experiences for all children.

This policy has been developed in consultation with staff, parents' management, and health professionals.

Aims of the Policy

- Promote healthy growth, development, and wellbeing through balanced, age-appropriate meals.
- Meet the requirements of EYFS 2025 and national dietary guidance.
- Protect children with allergies and dietary needs through robust safeguarding procedures.
- Encourage children to develop lifelong positive relationships with food.
- Ensure all staff and chefs understand their responsibilities in food safety and allergy management.

EYFS 2025 Expectations

- Promote good health through food, hydration, and hygiene.
- Protect children with specific dietary needs and allergies.
- Ensure staff training in hygiene, food handling, and allergy management.
- Provide opportunities to try new foods and build independence at mealtimes.
- Provide access to fresh drinking water at all times.

The Role of the Setting

- Providing meals that are nutritious, varied, and culturally inclusive.
- Creating a safe, enjoyable mealtime environment.
- Supporting children to develop independence (e.g., pouring drinks, feeding themselves where appropriate).
- Working in partnership with parents/carers to meet dietary needs.

. Food Safety and Allergy Procedures

- Meals for children with allergies are served in the correct colour-coded bowls/plates, labelled with the child's name.
- A double allergy check is completed by the chef and a senior staff member before food leaves the kitchen.
- Only one designated staff member dishes up food at any time.
- Children with allergies are seated safely, away from risk of cross-contact.
- The chef must:
 - * Check all ingredients for allergens (including sauces, seasonings, processed foods).
 - * Use separate chopping boards, knives, and utensils.
 - * Store allergen and non-allergen foods separately in cupboards, fridges, and freezers.
- Emergency allergy plans and EpiPens are accessible, with staff trained in their use.

Hygiene and Food Handling

- All staff and children wash hands thoroughly before and after meals, after toileting, and after outdoor play.
- Staff follow strict personal hygiene standards (clean uniforms, tied hair, no jewellery, regular hand washing).
- The kitchen follows food hygiene procedures including cleaning schedules, sanitised surfaces, and safe cooking temperatures.
- Gloves and aprons are used appropriately when handling food.

Food Storage and Rotation

- Food is stored safely in line with food safety regulations.
- The FIFO (First In, First Out) system is used to rotate stock and prevent waste.
- Fridges and freezers are temperature-checked daily.
- Opened packets are sealed, labelled, and dated.

Food Sourcing and Sustainability

- Ingredients are sourced from reputable suppliers.
- Efforts are made to provide fresh, seasonal, and locally sourced produce where possible.
- Sustainable practices (reducing food waste, recycling packaging, using environmentally conscious suppliers) are encouraged.

Promoting Healthy Eating and Positive Mealtime Experiences

- Meals and snacks are consistent with national healthy eating guidance.
- Fresh fruit and vegetables are offered daily.
- Processed foods high in salt, sugar, and saturated fats are minimised.



- Children are encouraged to taste and explore new foods in a supportive, non-pressured way.
- Staff model positive attitudes towards food and healthy choices.
- Mealtimes are calm, social occasions where children are supported to develop good manners and independence.

10. Partnership with Parents

- Parents share up-to-date information about allergies and dietary needs.
- Parents support the setting's healthy eating ethos by reinforcing messages at home.
- Parents provide safe, allergy-aware alternatives for special occasions (e.g., birthdays).

Monitoring and Review

- This policy will be reviewed annually or sooner if regulations change or an incident occurs.
- Staff sign-off sheets (chef and all staff) will be kept on file for safeguarding compliance.
- Parents will be consulted on dietary needs.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>September 2025</i>	Anjana Shah	<i>September 2026</i>