**Nutrition (Healthy Eating) Policy**  
*(EYFS April 2025 Nutrition Guidance and EYFS September 2025 Framework)*

**Policy Statement:**  
At Little Acorns preschool, we are dedicated to providing a safe, nourishing, and developmentally appropriate food environment for all children. This policy aligns with the Early Years Foundation Stage (EYFS) Nutrition Guidance (April 2025) and the EYFS reforms effective from September 2025. We aim to promote healthy dietary habits, prevent food-related incidents, and collaborate closely with families to support the nutritional needs of every child.

**Age-Appropriate Nutrition and Feeding Practices**

**Toddlers and Young Children (12 months–5 years):**

* Packed lunches should be balanced and align with government portion size guidance: each meal includes a starchy food, fruit or vegetable, protein, and dairy (or alternatives).
* Snacks are to be a portion of fruit or vegetable only.
* Children’s water bottles from home are available at all times.
* Foods that pose a choking risk (whole grapes, popcorn, raw carrot sticks, etc.) must cut appropriately or avoided.
* Food times are calm, social experiences with adults role-modelling positive eating behaviours.
* We ask parents to avoid processed foods, sweetened drinks, and high-fat/salt/sugar products.

**Allergen Management and Choking Prevention**

* Before a child starts, we collect comprehensive dietary information, including allergies, intolerances, and preferences.
* Allergy action plans are created with input from parents and healthcare professionals and updated regularly.
* A designated staff member is responsible for verifying each child’s food is safe.
* Children are never permitted to share food and are closely observed during meals.
* Choking incidents are documented and reviewed as safeguarding “near misses”.
* At least one **Paediatric First Aid (PFA)** trained person is always present during meal and snack times.

**Communication with Parents**

* Parents are involved in planning for dietary needs, allergy action plans, and any food intolerances.
* We provide resources to support healthy eating at home, including government guidance on portion sizes, weaning, and food safety.

**Mealtime Environment**

* Children are encouraged to open boxes, packages, fruits etc themselves when developmentally ready to foster independence.
* Mealtimes are calm and offer positive interactions.
* Practitioners sit at the same level or facing the children to monitor for allergic reactions or choking.

**Food Safety and Hygiene**

* Food is stored following Food Standards Agency (FSA) guidance.

**Sustainability and Food Waste**

* Children are taught about sustainable eating and food origins through discussion and activities.

**Alignment with EYFS 2025 Changes:**

* This policy aligns with new EYFS 2025 requirements by embedding nutrition, food safety, and safer eating principles into daily practice.
* It includes mandatory staff supervision while children are eating, attention to allergy management, and specific seating and feeding practices to reduce choking.
* It ensures that allergy action plans, parental collaboration, and PFA-trained supervision are embedded in the setting’s operations.
* We reflect the EYFS 2025 emphasis on supporting individual health, development, and safeguarding during food routines.

**Signed:** Chairperson  
**Date:** `September 2025