

## MANOR HOUSE SCHOOL EYFS HEALTHY FOOD POLICY

Date of Issue: **January 2026**

Date of Review: **January 2027**

Responsibility: **Director of Nursery Education**

**References:**

EYFS Statutory Framework 2025

Independent School Standard Regulations (2014);

---

### **Overview**

It is the aim of the school to provide healthy nutritious food and snacks throughout the school day. We believe snack time and mealtimes should represent a social time for children and adults and encourage children to learn about healthy eating. We aim to provide a balanced diet for the children, which covers their dietary needs.

The new Early Years Foundation Stage (EYFS) nutrition guidance, effective September 2025, requires early years providers to offer healthy, balanced, and nutritious meals and drinks to children aged 0-5, with milk and water as the only beverages.

Key aspects include alignment with [School Food Standards](#), emphasis on responsive feeding and textured foods for infants, and robust procedures for allergies and dietary needs. Providers must display weekly menus, train staff in nutrition, and maintain strong communication with parents about children's eating habits.

### **Dietary requirements**

Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.

Parents are provided with a form to complete if their child has any allergies or cultural dietary needs. This information is passed on to the nursery staff and the catering team.

We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.

We meet the diverse dietary needs of all children, including those with allergies, intolerances, SEND, and religious or cultural requirements, with clear management procedures to prevent cross-contamination.

### **Food and Drinks offered**

We display the menu for all parents to view and it is posted on the weekly school newsletter.

- We ensure meals and drinks are healthy and balanced, following the [Statutory Requirement](#) of the EYFS framework.
- **Food Preparation:** Emphasis is placed on safe food preparation, including handling and cutting foods into appropriately sized pieces to prevent choking hazards.

The school or caterers will also offer:

- a two-course meal each day with an alternative choice from the jacket potato or salad bar. There is also a choice of healthy desserts on offer
- a light tea for those staying for Honeypots
- fresh water and milk to drink and offered fresh fruits as a snack
- Inclusion of cultural foods where possible to our menu
- Staff supervise the children eating a healthy, nut-free snack provided by parents

The school will also:

- Ask all early year's staff to complete the EduCare training on "Food & Hygiene".
- Continue to instill the no nuts policy across the whole school.
- Ensure each child has a water bottle filled with fresh water each day which is available at all times.

### **Staff Involvement**

We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy. Staff will also:

- eat with the children at lunchtime to supervise the children eating and model good table manners
- help children to develop independence through making food choices and feeding themselves.
- provide children with utensils that are appropriate for their ages and stages of development

## **Oral Health**

The school understands the need to promote good oral health and encourage good habits from an early age. Changes have been made to the long term curriculum to ensure Oral Health is addressed with the children.

### **Staff will ensure they:**

- Invite a dentist to visit the children each year to talk about how to keep teeth healthy
- Include oral health into the curriculum linking it to relevant topics
- Show the children tooth brushing kits and talk about tooth brushing routines
- Refer to the need for healthy drinks and snacks to promote healthy teeth
- Read stories about healthy teeth and smiles

**Author: Melanie Luke**

**Position: Director of Nursery Education**

**Reviewed and Updated: January 2026**