

HUNGERFORD NURSERY SCHOOL



Food and Nutrition Policy

To be reviewed: Annually

Policy Agreed: 24.11.2025

To be reviewed: November 2026



Headteacher	Sign: 
	Date: 24.11.2025
Chair of Governors	Sign: 
	Date: 24.11.2025

Date	Description of any changes

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1. Introduction

Hungerford Nursery School is committed to promoting the health, safety, and wellbeing of all children, staff, and visitors by ensuring that all food provided, prepared, and consumed within the nursery meets the highest standards of food safety, hygiene, and nutrition. This policy is reviewed in line with the EYFS 2025 framework and relevant food standards legislation.

As a nursery school we provide breakfast for the children who attend breakfast club and tea to those children who attend our after school club. We provide all children with healthy snacks with milk or water during their session. All children who attend nursery school for a session which includes lunch are required to bring a packed lunch.

2. Aims

- To ensure safe preparation, storage, serving, and disposal of food and drink
- To comply with the statutory requirements of the EYFS 2025
- To meet or exceed the School Food Standards and allergen labelling laws
- To provide clear guidance to staff, parents, and visitors on food safety
- To provide children with balanced nutritious food

3. Roles and Responsibilities

Headteachers

- Ensure the policy is implemented and reviewed regularly
- Lead on staff training/briefings for food safety and allergy awareness
- Monitor compliance with statutory requirements

All Staff

- Follow food safety procedures at all times
- Attend regular training as required on food hygiene and allergen management
- Report any concerns or incidents to the Headteacher immediately
- Be aware of children with allergies or medical conditions

Parents and Carers

- Inform the school of any allergies or dietary requirements
- Follow guidance regarding food brought from home (e.g. packed lunches or snacks for cake sales)

4. Compliance and Guidance

EYFS 2025 Requirements

- Maintain robust food safety and hygiene practices (see Section 3.47–3.49 of the EYFS framework)
- Provide children with healthy, balanced, and nutritious meals, snacks, and drinks
- Ensure all staff handling food have appropriate training (minimum: Food Hygiene Level 2)

Food Standards and Allergen Labelling

- Follow statutory School Food Standards for all meals and snacks
- Comply with Natasha's Law: clearly label any pre-packed food for direct sale (PPDS) with a full list of ingredients and allergens highlighted
- Maintain up-to-date allergen information for all food served
- Operate a no nut policy to reduce risk

5. Procedures

Food Preparation and Handling – all staff

- Wash hands thoroughly before and after handling food
- Store perishable foods in refrigerators at $\leq 5^{\circ}\text{C}$
- Clean and sanitise all surfaces, equipment, and utensils before and after use e.g. use warm soapy water/dishwasher
- Foods brought in from home will not be heated up

Foods and drinks provided by the school

- Children will be encouraged to drink with every meal and snack, and will be offered a drink at other times when they are thirsty
- Only water and milk will be provided
- Snacks and meals provided will be healthy, paying attention to the latest DFE guidelines e.g. Early years foundation stage nutrition guidance May 2025
 - https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf
 - <https://www.nhs.uk/baby/weaning-and-feeding/foods-to-avoid-giving-babies-and-young-children/>
- We ask that families do not send food in to share
- Foods are not used as rewards

Supervision and organisation

- Children to have adequate time to eat and be encouraged but not rushed. Food times to be encouraged as social occasions
- Children to be encouraged to eat healthily. It is not considered important that children eat savoury foods first followed by sweeter foods – healthy foods are the most important factor.
- Children to be aware that they must not take food from others
- Staff to encourage good table manners and praise trying new foods
- In each room where foods are being consumed there must be at least 1 member of staff with paediatric first aid (PFA)
- Staff should sit with children facing them and be alert to choking

Involving children

- Children will be encouraged to prepare snack where possible
- Children will be involved in learning about growing, preparing and cooking foods and healthy eating habits. They will be encouraged to explore foods and try new foods. Food sessions may or may not involve following a recipe

Allergen Management

- Keep an up-to-date register of children's allergies and dietary needs
- Where possible, snacks should be free of the main allergens – use dairy free spread, yoghurt etc
- Avoid cross-contamination during food preparation – e.g. separate cutting boards, separate crockery for children with high risk allergies
- Label all food provided during events (e.g. cake sales) with allergen information
- Where there are children with severe allergies, all children to wash hands after eating to avoid cross contamination to furniture/toys

Cleaning and Waste Disposal

- Follow a cleaning schedule
- Dispose of food waste promptly and safely

6. Training

- All staff preparing food to complete food hygiene level 2 as a minimum
- Training includes:
 - Safe food handling
 - Allergen identification and management
 - Procedures for dealing with allergic reactions

7. Communication

- Food safety information is shared with parents/carers on induction and via newsletters
- Allergy and dietary needs are discussed with parents/carers at admission and reviewed whenever there is a change in circumstances
- Guidance on healthy lunchboxes is provided for parents as and when necessary

8. Monitoring and Review

- Incident log for any food-related accidents or allergic reactions
- Policy reviewed annually or following significant changes in legislation or guidance

9. Links to other policies and guidance documents

- Health and Safety Policy
- Medical Policy
- [Early Years Foundation Stage Nutrition Guidance](#)
- [School Food Standards Practical Guide](#)
- [EYFS Framework](#)

10. Appendix A – After School Club Menu

After School Club Menu

Autumn 2025

Hungerford Nursery School

Day	Week A	Week B
Monday	Cheesy wholemeal muffins with ham and cucumber sticks, banana and milk or water.	Beans on wholemeal toast, greek yoghurt with honey and banana, milk or water.
Tuesday	Hummus with veggie fingers and breadsticks, apple slices and greek yoghurt, milk or water.	Chicken or cheese wrap, veggie sticks, pears, milk or water.
Wednesday	Scrambled eggs on wholemeal toast, melon, milk or water.	Pasta with tomato sauce, bananas, milk or water.
Thursday	Tuna dip with wholemeal pitta fingers, satsumas, milk or water.	Pizza crumpets, melon, milk or water.

Week A

wc: 8/9, 22/9, 6/10, 20/10, 10/11, 24/11, 8/12

Week B

wc: 15/9, 29/9, 13/10, 3/11, 17/11, 1/12, 15/12