



**LAUGH
'N' LEARN
NURSERY**

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Early Years Foundation stage Food Policy

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Statement of intent

In our Early years at Laugh 'N' Learn Nursery, Laugh 'N' Learn Preschool and in Reception, we understand that the early years are a crucial time in a child's development and are aware that what children eat and drink and the habits they develop during this phase can impact their future health.

We value the importance of the EYFS in providing children with a nutritious, balanced diet that will encourage them to make healthy, informed choices. We work collaboratively with parents to promote healthy eating, identify health issues and highlight the risks of unhealthy eating practices.

We believe that food can be used in a variety of educational ways. Children are encouraged to celebrate holidays, religious festivals, special events and the various foods associated with these events and are encouraged to experiment with unfamiliar foods.

In our Early Years settings, we meet all statutory food safety and nutrition requirements for educational settings in England' and aims to maintain these standards across all meals provided.

1. Legal framework

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

- Public Health England (2024) 'Example menus for early years settings in England'
- DfE (2023) 'School food in England'
- DfE (2013) 'The school food plan'
- DfE (2024) 'Statutory framework for the early years foundation stage'
- Food Safety Act 1990
- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (also known as Natasha's Law)
- DfE (2025) 'Early Years Foundation Stage nutrition guidance'

This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- Laugh 'N' Learn Health and Safety Policy
- Complaints Procedures Policy
- Early Years Policy

2. Roles and responsibilities

The governing board is responsible for:

- The overall implementation of this policy.
- Ensuring that this policy does not discriminate on any grounds, including, but not limited to, ethnicity/national origin, culture or religion.
- Handling complaints regarding this policy, as outlined in the setting's Complaints Procedures Policy.
- Ensuring the setting uses reliable suppliers for the food purchased.
- Informing parents who provide food for their children about the storage facilities available in the setting.

The EYFS lead, in conjunction with the headteacher, is responsible for:

- The day-to-day implementation and management of this policy.

- Reviewing menus and mealtimes to ensure children's needs are being met.
- Ensuring equipment is suitable for its use and providing separate facilities for handwashing and for washing up in the kitchen area.
- Ensuring all staff members are trained in basic food safety and hygiene.
- Ensuring parents are given adequate notice of any changes to meals, food choices or any other aspect of food provision.

Early years staff are responsible for:

- Sitting with children while they eat, where required, and being advocates of healthy eating.
- Discouraging children from sharing or swapping their food in order to protect those with food allergies.
- Treating all children equally, taking account of the eating practices in their cultures.

Parents are responsible for:

- Providing the setting with information on their child's dietary requirements, preferences and food allergies.
- Providing specialist food for their child, where they may have an allergy, intolerance or medical need.
- Giving consent for the setting to give pre-made up milk to their child.

3. Food and drink served

Food is offered to Nursery through the school catering service. Parents can choose to either pay for meals provided by school catering (off site service) or provide packed lunches for their child. If your child attends Laugh 'N' Learn Nursery without lunch, parents will be asked to return to Nursery with lunch. If they are unable to do so a lunch will be provided at a cost. This is outlined in the Laugh 'N' Learn Fees Policy.

Parents that attend Laugh 'N' Learn Nursery need to provide snacks for their children on the day they attend. If your child attends Laugh 'N' Learn Nursery without snack, parents will be asked to return with snacks.

At Laugh 'N' Learn Preschool parents can choose to either pay for meals provided by school catering (off site service) or provide packed lunches for their child. Reception children are eligible for free school meals as Broadway First school is a government-funded school. Snacks are provided for Preschool and Reception children consist of fruit and water/milk.

School catering ensures all meals will include a variety of foods from the four main food groups:

- Fruits and vegetables
- Starchy carbohydrates

- Dairy and plain, fortified plant-based alternatives
- Proteins

Foods that are high in fat, salt and sugar will be limited.

Portion sizes will be based upon the recommended intake for the age group of the children concerned.

Menus will reflect the diversity of the community, with a variety of flavours and textures.

Where children are sleeping during mealtimes, their meal served when the child awakens.

Fridges and store cupboards will be cleaned regularly to ensure they are clean. Food stored in the fridge will be kept at 5°C or lower and, where necessary, reheated until piping hot throughout. Food will be stored in sealed plastic containers, and tin cans will never be stored in the fridge.

Food that is brought from the school to the nursery will be packaged accordingly and served to the children at the correct temperature on plates and using cutlery in accordance to their development.

Fresh drinking water will be available and accessible at all times and children will be encouraged to drink regularly.

Milk will be served with either the morning or afternoon snack (children attending part-time will always be offered milk with their snack).

Full fat dairy foods (such as cheese and unsweetened yoghurt and fromage frais) will be provided for children under the age of 2, with lower-fat dairy options gradually introduced after this age.

Milk or water will be the only drinks offered to children by the setting.

Fresh and frozen breast milk, provided by parents, will be used within 24 hours and have the expressed date on the container. Fresh and frozen breast milk will be heated in warm water, not in the microwave, and tested before being given to children. Breast milk will be discarded after one hour of being heated.

Powdered milk will be made up according to the manufacturers' instructions and discarded within one hour of being made.

Staff will not consume carbonated drinks in the presence of children.

4. Nutrition

In our Early Years we will have due regard to the EYFS nutrition guidance.

The setting understands that the early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health. Staff will ensure that food items prepared and consumed on the premises comply with statutory guidelines and are healthy, balanced and nutritious.

➤ Babies 9-12 months

Staff will ask parents about their baby's current feeding and sleeping pattern so that these can be kept consistent and form part of the baby's care plan each day, wherever possible.

Children will be fed responsively according to their needs.

Staff will support parents wishing to continue breastfeeding and encourage them to provide breastmilk for their baby while attending the setting. This may include:

- Providing a comfortable place to breastfeed within the setting.
- Signposting to evidence-based and expert information and support.
- Encouraging parents and/or carers who wish to provide expressed breastmilk for their babies and children to do so.

For babies who are not exclusively breastfed, and using the recommended first infant formula (first milk) staff will ensure that good hygiene practices are employed and will follow the NHS Start for Life advice on [how to make up infant formula](#) and [how to sterilise equipment](#).

When a child is ready for the introduction of solid foods, early years staff will collaborate with parents and agree on when and how they want to start weaning. Staff will follow advice from the following:

- NHS Start for Life - [how to start weaning](#)
- The Food Standards Agency - [how to prepare food safely to avoid choking](#)
- DfE - [nutritional guidance](#); [the solid food road map](#); [food safety in early years setting](#)

Wherever possible, staff will prepare food from scratch and not provide pre-made foods from shops, such as puree pouches, so as to introduce babies to a range of appropriate flavours and textures.

Staff will avoid certain foods, in line with the DfE's nutritional guidance and NHS advice on [foods to avoid giving babies and young children](#).

The setting will only allow drinks that are recommended for babies aged 6 -12 months:

- Breast milk
 - First infant formula
 - Water
- **Children aged 1- 5 years.**

Staff will encourage children to eat a balanced diet which contains a wide variety of foods that include a variety of food and drinks from the four main food groups every day.

In doing so the setting will follow the DfE's advice regarding:

- The food and drink that should be provided, limited or avoided.
- Portion sizes

5. Eating environment

The eating environment will be comfortable and relaxed. Children will be given plenty of time to feed themselves and hold feeding utensils.

Children will be provided with utensils that are appropriate for their age and stage of development.

Staff will sit with children while they eat and encourage interaction at each table. Children will be observed to ensure they are drinking and eating enough, and staff will be aware of the behaviour that may suggest a child is thirsty or hungry.

Children will be encouraged to develop good eating skills and table manners.

Meals times will be used to help children develop independence, through making food choices, serving food and drink, and feeding themselves.

6. Celebrations and special occasions

Whilst the setting will welcome gestures to celebrate children's birthdays or special events, parents will be advised to ensure any food brought in from home to celebrate a special event is balanced and meets the setting's food guidelines. Alternatively, children will be permitted to bring in non-edible options to celebrate.

Any food shared in the setting during special occasions will be checked for potential allergens.

The setting will, instead, celebrate with activities such as the following:

- Craft activities
- Songs and stories
- Dressing up
- Decorating rooms
- Playing special games
- Encouraging children to find out about a wide range of events from a variety of cultures

7. Allergies and special requirements

The setting understands that food allergies can be life threatening conditions for some children and will ensure they are taken very seriously.

As part of the setting's ongoing CPD for early years practitioners, staff will be trained to understand:

- The common allergens in food.
- The symptoms of an allergic reaction and the steps to take should anaphylaxis or anaphylactic shock occur.

Parents will be expected to make the setting aware of any allergies or intolerances their child has and the actions that need to be taken if a reaction occurs.

A protocol will be established and made accessible to all staff to ensure everyone is aware of a child's allergies and symptoms.

Where it is suspected that a child has an allergy, the setting will encourage the child's parents to seek advice and diagnosis from their doctor.

The setting will ensure children with allergies are not exposed to foods that trigger allergies. Appropriate alternatives will be identified to ensure the child still eats a balanced diet.

All staff will be instructed, where necessary, to ensure they understand how to identify which allergens are present in every meal and snack provided.

All food that is pre-packed for direct sale (PPDS) will have the name of the food and the full ingredients list, with allergens emphasised, e.g. in bold, italics or a different colour, clearly displayed.

All preparation of food containing common allergens, e.g. nuts, will be kept separate from other food preparation.

There will be a set of kitchen utensils that are only for use with the food and drink of the children at risk of allergic reactions. There will also be a set of kitchen utensils with a designated colour. These utensils will be used only for food items that contain bread and wheat related products.

Food items containing nuts, bread and wheat will be stored separately.

Learning activities which involve the use of food will be planned in accordance with children's' individual healthcare plans (IHPs), taking into account any known allergies of the children involved.

Foods containing gluten will not be given to children under the age of six months.

Children will be discouraged from sharing or swapping their food with other children.

Food provided for children with allergies will be managed in accordance with the Allergen and Anaphylaxis Policy.

Appropriate provision will be made for parental preferences, including cultural and religious food sensitivities, e.g. providing halal and kosher food as appropriate.

8. Food brought in from home

Food that is brought into the setting from home will be expected to comply with this policy.

Food and drink will be appropriately labelled with the child's details, safely stored until needed and heated properly, if necessary.

Any food that is not consumed during the day will be sent home with the child.

9. Eating habits

All children will be supported to manage their own personal needs as far as possible, including understanding the importance of healthy food choices.

At mealtimes, fussy eaters will be seated with children that are more adventurous with their food to encourage the adoption of different food preferences.

The setting is aware that some children will have allergies or different dietary requirements; this will be taken into account when encouraging children to try new foods.

Before a child is admitted, the setting will obtain information about any special dietary requirements, preferences and food allergies – this information will be recorded and acted upon as appropriate.

Children will never be forced to finish everything on their plate. Small servings will be given, with the opportunity to have second helpings if the first serving is finished.

10. Food safety and hygiene

Food will be stored, prepared and presented in a safe and hygienic environment which is adequately equipped to provide healthy meals, snacks and drinks for children.

Where necessary, suitable equipment for the sterilisation of babies' food will be available. Parents will provide sterilised bottles and formula for their child if required.

Children will be taught basic hygiene, such as not eating food that has fallen on the floor and washing their hands before eating and after using the toilet.

All staff will receive training in food hygiene before preparing or handling food.

All staff involved in preparing food for young children, or helping them eat, will be aware of the requirements of the Food Safety Act 1990.

Use of Disposable Aprons in Food Handling

In accordance with Food Standards Agency (FSA) guidance and Ofsted requirements for maintaining safe and hygienic food practices in early years settings, all staff involved in the preparation, serving, or handling of food must wear a clean, disposable apron. Aprons act as a protective barrier to minimise the risk of cross-contamination from clothing to food.

A fresh disposable apron must be worn for each food handling session and must be put on immediately prior to carrying out food-related tasks. Aprons must be removed and disposed of safely before staff engage in non-food activities such as toileting, cleaning, or supervising play. Aprons should be stored in a clean and hygienic manner to prevent contamination prior to use.

The use of disposable aprons forms part of the nursery's commitment to meeting statutory requirements under the Food Safety Act 1990, the Food Hygiene (England) Regulations 2006, and the Early Years Foundation Stage (EYFS) safeguarding and welfare standards.

11. Communication

Staff will work alongside parents to ensure that children are provided with healthy, balanced and nutritious food in the setting and at home.

Each child's key person will be responsible for communicating with parents about the setting's approach to food provision and children's food intake across the day.

Parents will be provided with information on the routine meals and snacks that their children are given if parents have opted for these to be provided/ have been unable to provide these for their child.

The setting will agree with parents on the methods used to manage fussy eating, ensuring they are consistent with those used at home.

Parents will be encouraged to attend events to celebrate special and cultural occasions.

12. Meeting the needs of all children

Wherever possible, the setting will endeavour to cater for the cultural and dietary needs of all children in its care.

The setting is aware that children with special dietary requirements may need specific foods excluded or included; however, it will not exclude foods from a child's diet without a valid reason as this may lead to unnecessary restrictions in their diet. In meeting the needs of all children, the setting will take into account the following dietary requirements:

- Food allergies
- Food intolerances

- Vegetarianism
- Veganism or eating a plant-based diet
- Pescetarianism
- Religious preferences, for example:
 - Only eating halal foods.
 - Avoiding pork or beef.
 - Keeping kosher.
 - Eating specific foods only on certain days.

The setting will create a safe and inclusive environment for all children to eat, and children with special dietary requirements will be included in mealtimes with other children as far as possible.

A child will only need to eat their meal separately to other children where a risk assessment concludes that a significant risk remains despite adequate training and supervision of meals and snacks times.

Staff will have ongoing discussions with parents about their child's dietary needs and encourage parents to assist the setting by sharing guidance from healthcare professionals.

The setting will seek professional advice for menu planning when needed.

13. Monitoring and review

This policy will be reviewed [annually](#) by the headteacher and EYFS lead.

Any changes to this policy will be communicated, by the headteacher and EYFS lead, to all staff members. Parents of children who attend the early years setting will receive a letter detailing any changes to the policy.

The next scheduled review date for this policy is [June 2026](#).