



Early Years Food and Nutrition Policy

At Farsley Westroyd Primary School & Nursery, we are dedicated to fostering a healthy, inclusive, and nurturing environment where our youngest children (aged 3 and above) can thrive. This Early Years Food and Nutrition Policy complements our Whole School Food Policy by focusing on the unique nutritional needs and developmental stages of children in our Nursery and Early Years Foundation Stage (EYFS). It supports our school values: Enjoy, Believe, Achieve, Together and aligns with our motto: Good to be me, Good to be Westroyd, Good to be Farsley.

1. Aims and Guiding Principles

Our aim is to promote healthy eating habits from the earliest stage of education. We are committed to providing nutritious meals and snacks that meet the Department for Education's guidelines for children aged 1 to 5. Through safe, enjoyable and social mealtimes, we empower children to develop independence, positive attitudes to food, and awareness of making healthy choices.

2. Food Provision and Mealtimes

Meals and snacks provided in our Early Years setting follow both the School Food Standards and current guidance on early years nutrition. Each child is offered a balanced menu that includes the four essential food groups: fruits and vegetables, starchy carbohydrates, dairy or suitable alternatives, and proteins. We actively encourage children to try new foods within a supportive and inclusive environment. Food textures and portion sizes are carefully adapted to be age-appropriate and suitable for the developmental stage of each child. Children engage in age-appropriate food-based learning activities, such as cooking, tasting new foods, and learning where food comes from. Staff closely monitor and supervise children during mealtimes to model positive eating behaviours, encourage social interaction and support independence. While staff may sit with children when appropriate, they are also responsible for serving food and drinks. Mealtimes and snack times are scheduled consistently to provide a routine that supports children's nutritional needs and well-being. Clean, fresh drinking water is always available throughout the day. Children are offered full-fat milk daily in line with national recommendations.

3. Food Safety and Allergies

All staff follow the NHS Start for Life and Food Standards Agency guidance to ensure safe food preparation and consumption. Where applicable, high-risk foods such as grapes and cherry tomatoes are sliced lengthways and into small pieces to reduce the risk of choking. If any food items are cut up, they are cut lengthways in line with best practice guidance. Food preparation is generally carried out by kitchen staff or those with the appropriate food hygiene training. We maintain a comprehensive record of all allergies, with individual care plans that are accessible to all relevant staff. As a nut-free school, we ask parents not to include nuts or nut-based products in any food brought into school.

4. Celebrations and Food from Home

To promote equality and avoid unnecessary pressure on families, we ask that cakes and sweets are not brought into school during the day for birthdays or special occasions. Families wishing to celebrate may distribute treats in the playground after school. Additionally, we ask that all packed lunches reflect our healthy eating ethos, avoiding items high in sugar, salt, and saturated fats to support the development of lifelong healthy eating habits.

5. Communication with Families and Inclusivity

We maintain regular communication with parents and carers to ensure every child's dietary and cultural needs are understood and respected. Menus are shared in advance and we invite feedback to improve inclusivity and diversity in our food offering. Our approach ensures that every child can fully participate in mealtimes and food-related activities, feeling valued and supported in an inclusive environment.

Appendices

Appendix A: [Early Years Choking Hazards Poster](#)

Appendix B: [Early Years Choking Hazards Table](#)

These appendices provide further information for parents and staff on preparing and supervising food safely for children under five.