

**Fullbrook Nutrition Policy**

*At Fullbrook Nursery School we aim to ensure that every child flourishes in their early years. We recognise that children will only make good progress in their learning if they are healthy and happy. Helping to ensure that children have balanced diets and active lifestyles is a key area of our work. We have developed a Healthy Year Curriculum to support children and parents across a range of key issues, to help develop knowledge of nutrition, physical activity needs and dental care.*

**Aligned with the EYFS Statutory Framework (2025)**

**Issue Date: September 2019**

**Reviewed: September 2025**
**Next Review Due: September 27**
**Approved by: Headteacher**

**1. Introduction**

At Fullbrook Maintained Nursery School, we recognise the critical role nutrition plays in children’s growth, development, and long-term health. This policy outlines our approach to supporting healthy eating in line with the **Statutory Framework for the Early Years Foundation Stage (EYFS 2025)**.

In accordance with **EYFS 2025, Section 3.45**, we ensure that:

*“Providers must promote the good health, including the oral health, of children attending the setting.”*

Although we do **not prepare meals on site**, we are committed to creating a healthy food environment by:

* Providing nutritious snacks and drinks;
* Supporting families in providing balanced, healthy packed lunches;
* Educating children about healthy choices from an early age.

**2. Aims of this Policy**

* To support children’s health and development through a consistent approach to nutrition.
* To meet the requirements of the **EYFS 2025 framework** in promoting children’s health and wellbeing.
* To work in partnership with parents to encourage healthy lunchbox choices.
* To ensure that dietary needs, allergies, and cultural requirements are respected.

**3. Food Quality**

*We Use Ethical, Nutritious, Quality Ingredients*

* For cooking activities we buy free range eggs and other sustainable options such as line caught dolphin friendly tuna.
* We use no GM ingredients, Trans Fats/Trans Fatty Acids or food additives.

*Children always have access to drinking water.*

*We offer Healthy Breakfasts, meeting voluntary guidelines for EYs*

* Breakfast menus are displayed for parents to see, these are designed to meet the Children’s Food Trust Guidelines and the Food For Life Guidelines.
* Children are able to prepare their own breakfast with the support of adults.
* They can choose from low salt and sugar cereals, a selection of fresh fruit, wholemeal toast and drink of either milk or water.
* No unhealthy spreads, such a jam, are offered.
* Appropriate portion sizes are guided by adults, children can always ask for more.

*Packed Lunches*

* Guidance is provided to parents, children are encouraged to be involved in packing their lunch and judging their choices with a Healthy Eating Score Card.
* Children are rewarded for making healthy choices and eating a healthy lunch.

**4. Food Leadership**

*We offer a Supportive Breastfeeding Environment*

* With a quite space for new moms to use

*Children use open cups and no bottles/sip cups*

* To help promote dental health
* Reasons are communicated to parents

*Staff join children in eating lunch and snack with children*

* Staff provide good role models for eating healthy and social communication
* Staff are asked to bring the same healthy lunch boxes
* Mealtimes are relaxed, clam and opportunities for social conversation.

*Children are supported to make healthy choices and develop healthy habits*

* There is a reward scheme shared with home, so that children learn to create healthy lunches boxes
* Breakfast menus are shared with parents

**5. Meals and Food Provision**

**5.1 Packed Lunches from Home**

As Fullbrook Maintained Nursery School does **not offer cooked lunches**, parents are responsible for sending in a **healthy packed lunch** each day.

We support this by:

* Providing **clear guidance to families** about what a balanced packed lunch should contain.
* Sharing advice via **newsletters, displays, and parent workshops**.
* Encouraging the inclusion of:
	+ At least **one portion of fruit or vegetables**
	+ A source of **starch** (e.g., bread, pasta, rice)
	+ A source of **protein** (e.g., meat, fish, eggs, beans)
	+ A **dairy or dairy alternative**
	+ **Water only** (no fizzy drinks or sugary squash)

We discourage:

* Confectionery such as chocolate bars and sweets
* Crisps or processed salty snacks
* Sugar-sweetened drinks

⚠️ *In line with our Allergy Policy, we may restrict certain allergens such as nuts — parents will be informed of any updates.*

**5.2 Snacks Provided by the School**

In accordance with **EYFS 2025** and Public Health England’s nutritional guidance, we provide all children with a **healthy mid-session snack**, such as:

* Fresh fruit or vegetables
* Wholegrain crackers, toast, or breadsticks
* Cheese or other suitable dairy products

These snacks are low in sugar and salt and offered in age-appropriate portions.

**6. Drinks**

* Fresh **drinking water is available at all times**, in line with **EYFS 2025, Section 3.47**.
* Children are offered **free milk daily** as part of the **Nursery Milk Scheme**.
* Sugary drinks, squash, and fizzy drinks are **not permitted** at school.

**7. Oral Health**

In support of **EYFS 2025’s focus on oral health**, we actively promote:

* Limiting sugary snacks and drinks.
* Education on tooth-friendly foods.
* Signposting parents to NHS guidance on brushing teeth and dental care.
* We brush children’s teeth daily supported by our NHS Brilliant Brushers Programme

**8. Community partnerships and Parental Engagement**

*We signpost families to other agencies*

* When families need extra support we will sign post to Health Visiting team, GP, dentists etc All families are signposted to Healthy Start programme and we help promote the use of healthy start vitamins.

*We work with other health agencies*

* We organise visits from the mobile dental van, health visitor cafes, School Ready Team.

*We provide parents with key messages*

* Such as Walsall data on children’s obesity and tooth decay through newsletters and parent workshops
* Provide parents with Top tips on issues like dental care and fussy eaters.
* On creating healthy lunch boxes and daily snacks.

*We encourage families to get active*

* Every school holiday we provide Active Family Missions, which encourage families to access their local environment and get active together.
* We have reward schemes to promote active travel to nursery.

*Inclusive food policy for all*

* Our approach to food and nutrition respects dietary requirements for religious reasons, cultural beliefs, medical needs or special educational needs. Individual exceptions will be made where necessar.

**9. Allergies and Special Dietary Requirements**

* All allergies and food-related medical conditions are recorded and managed in line with our **Medical Needs and Allergy Policy**.
* Staff receive training on managing food allergies and emergency response protocols.
* Parents are required to provide up-to-date medical information regarding food allergies or intolerances.

**10. Food Education**

*Education about food and health is threaded through our delivery of the EYFS*

* Opportunities across the prime and specific areas are used to educated about food.
* We have developed a Healthy Year Curriculum which outlines themes, story links, visitors and activities across the year

*Children understand where food comes from*

* We organise an annual visit to the farm to learn about where food comes from.
* We grow our own fruit and vegetables in our two allotment areas.

*Supported to try new tastes and textures*

* Monthly Tasting Snack Menus encourage children to try a range of vegetables and fruit at repeated opportunities through the year.

*Children are involved food preparation*

* We plan cooking activities across each term, cooking both sweet and savoury.
* Children are independent in preparing their snack,

*Children develop the knowledge to make healthy choices*

* Through scoring their lunch boxes and being reward for healthy choices

*Children eat and drink independently*

* There is an open snack shack for children to access throughout each session.

**11. Monitoring and Review**

* While we do not inspect lunchboxes, we may offer **constructive suggestions** or resources to support healthy choices.
* Staff observe and encourage children’s healthy eating habits.
* This policy is reviewed annually or earlier if changes are made to the **EYFS statutory framework** or government guidance.

**12. Links to Other Policies**

* Health and Safety Policy
* Medical Needs Policy
* Safeguarding and Child Protection Policy
* Oral Health Promotion Strategy
* Parent Partnership Policy

**Signed:**
Headteacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Date: September 2025

Review date September 2027

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Last Date reviewed: September 2024 Next Review: March 2026