



Food and Nutrition policy

This policy has been developed by the Nursery staff team in partnership with children, parents and carers in line with The Early Years Foundation Stage Nutrition Guidance published in April 2025.

This policy sets out our Nursery's commitment to food and nutrition for children aged three months to four years old.

Food and drink provision in our nursery

Babies and children at Nursery take part in a variety of meal times dependent on their booked session.

Meal times at our Nursery are set out below;

Early Bird – Breakfast – 7.30am -The nursery provides cereals, milk, toast and fruit options for those children attending our 'Early bird' session

Morning snack- This provided from home -This should be brought to nursery in a container labelled with the child's name. Morning snack should contain fruits, salad or vegetables. Babies sit together at tables for a joint snack at 10.30am. In our main nursery a snack café takes place between 9.30am and 11.00am

Lunch- Either ordered from our kitchen or provided from home- 12.15pm-Parents and carers have the option to order hot food from our on-site kitchen or provide a packed lunch from home. Please note lunch menus are issued termly via Tapestry

Afternoon snack- Babies enjoy a group afternoon snack at 3.30pm. In our main nursery children staying from 4.00pm onwards enjoy and afternoon snack as a group together

Night owl-Light tea-5.00pm-Children staying with us for our night owl session will be served a light tea offering.

Samples of our menus are below.

Parents must provide children with a labelled drinks bottle containing water which is accessible to all children throughout their nursery session on drinks trollies located within both rooms. In our baby room 'The Nest' photographs of children are attached to drinks bottles to make them more easily recognisable.

Snack sample menu	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Menu	A chosen piece of salad and a breadstick	A chosen piece of fruit and a biscuit.	A chosen piece of salad and a rice cake.	A chosen piece of fruit and a breadstick.	A chosen piece of fruit and a biscuit.
Allergens	Dairy free butter used on dairy free cracker.	Dairy free biscuit.	Dairy free butter used on dairy free rice cake.	Dairy free breadstick.	Dairy free biscuit.

	Monday	Tuesday	Wednesday	Thursday
Choice one	Tomato and basil pasta or Macaroni cheese	Crackers, cheese and salad	Spaghetti hoops on wholemeal toast	Bagel with cream cheese with salad
Choice two	Sandwiches with a choice of fillings	Rice cakes, cheese and salad	Wraps with a choice of fillings	Crumpets with salad
Dessert	Choice of fruit from the fruit bowl	Yoghurt	Choice of fruit from the fruit bowl	Yoghurt
Allergens	Tomato and basil pasta	Free from crackers Vegan Cheese Plant based yoghurt	Dairy-free butter Free from bread	Free from bagel Vegan cheese spread Plant based yoghurt

Alternative / allergens

- Please note we may make changes to our menu at short notice due to sourcing

When menus are updated this is shared with parents via the Tapestry platform.


Meal times in our Nursery

At Little Pips Nursery we believe that mealtimes should be a social time and staff will always sit with children who are eating to support meal times, develop physical skills and develop communication.

All Nursery staff hold a full Paediatric First Aid qualification.

Food & drink from home

Any food and drink from home will be checked by our setting staff for potential allergens so that the risk of cross contamination is reduced. All food served to children must be prepared in a way to prevent choking. The Food Standards Agency has a poster on how to prepare food safely to avoid choking. The poster is below.



Food Standards Agency
food.gov.uk

Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.

Parents providing food from home must;

- Be aware that the setting does not refrigerate food from home, parents must supply their own ice packs if they feel these are required
- Label their children's lunch box, snack pot and drinks bottle clearly with their child's name
- Be aware that our setting will not re-heat food sent in from home, parents requiring a hot meal for their child should order this from our on-site kitchen

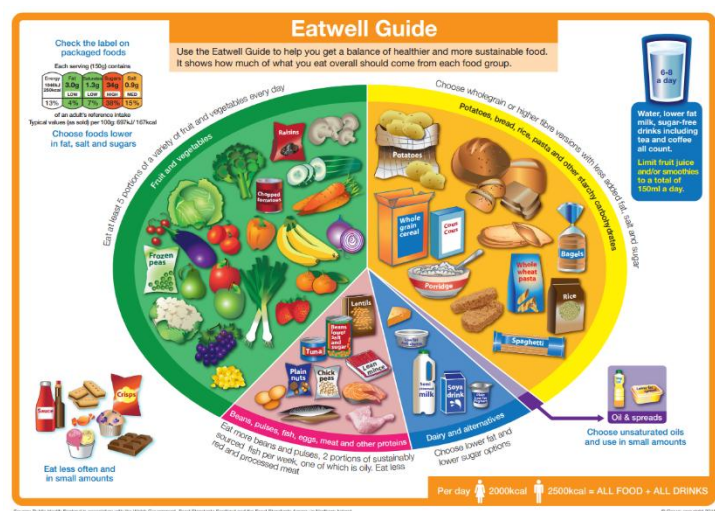
Guidance for babies from 6 months to 1 years old

Please refer to our feeding and weaning policy for guidance on weaning at our Nursery.

Guidance for children aged 1-5 years old

Children aged 1 to 5 years have different nutritional requirements to adults. They need to be fed a healthy balanced diet with a range of foods even as they are introduced to solid foods.

The Eatwell Guide uses government advice to show what a healthy and balanced diet looks like. It shows what a balance of foods should look like in one day or over a whole week. The advice in the Eatwell Guide applies to children from the age of 2 years. A healthy, balanced diet is based on the 4 main food groups (fruit and vegetables; potatoes, bread, rice, pasta and other starchy carbohydrates; dairy or dairy alternatives; and beans, pulses, fish, eggs, meat and other proteins). These provide essential nutrients to help children grow and develop.



Celebrations

Some parents may like us to celebrate your child's birthday or special event by sending food items into the setting for us to enjoy together we recommend items from the list below:

- Bubbles
- Stickers
- Fruit platters

We ask that parents always notify us they wish to send items in to nursery to be shared so that we can check children's individual requirements and allergies and advise on appropriate items.

Food Education in the EYFS curriculum

Cooking activities and play with food items are great experiences for young children and help create a positive relationship with food. We recognise that some children have limited opportunities to cook or learn about food at home and therefore plan these experiences into our curriculum.

In order to manage children's individual allergies and needs all cooking and play resources are purchased via a repeatable supermarket. Where possible ingredients are seasonal.

Meeting the needs of all children at our Nursery

It is important to us that we cater to the needs of all children who attend our setting we include special dietary requirements in mealtimes as far as possible.

When a child begins Nursery, parents will have the opportunity to share individual preferences verbally and on their child's registration form.

Food allergies

Information regarding allergies is gathered at your child's initial settling session and via our children registration forms.

Children with allergies will be provided with an allergy plan which is developed with parents and reviewed every six months.

Allergy posters are displayed within our setting as a visual reminder to staff.