



Truro and Penwith
Academy Trust

EYFS Food, Nutrition and Safer Eating Policy

Applicable To: All TPAT nurseries, preschool settings and EYFS provisions providing food, drinks, snacks or infant feeding.

This policy should be read in conjunction with the **EYFS Food, Nutrition and Safer Eating Procedures**.

Document Control:

Version	Date Approved	Approved by	Summary of changes	Next review Date
1.0	July 2026	Trust Board	New Policy	September 2027



1. Policy Purpose

Truro and Penwith Academy trust is committed to promoting the health, wellbeing and safety of all children through the provision of healthy, balanced and nutritious food and drink in a safe, inclusive and supportive environment. We recognise that children's early experiences of food play an important role in their health, development, wellbeing and lifelong eating habits.

Through this policy, the Trust aims to:

- provide healthy, balanced and nutritious meals, snacks and drinks;
- promote positive relationships with food and healthy lifestyles;
- create safe, enjoyable and inclusive eating experiences;
- support children's individual dietary, cultural, religious, medical and developmental needs;
- minimise risks associated with allergies, choking and other food-related incidents;
- promote good oral health;
- work in partnership with parents and carers; and
- comply with relevant legislation, statutory requirements and guidance.

2. Legal and Statutory Framework

This policy should be read alongside:

- Early Years Foundation Stage Statutory Framework.
- Early Years Foundation Stage Nutrition Guidance (May 2025).
- Food Safety Act 1990.
- Food Hygiene Regulations.
- Natasha's Law (PPDS Food Labelling).
- Equality Act 2010.
- Health and Safety at Work Act 1974.
- Trust Allergy Management Procedures.
- Trust Supporting Children with Medical Conditions Policy.

From September 2025, EYFS providers are required to have regard to the EYFS Nutrition Guidance unless there is a good reason not to.

3. Roles and Responsibilities

Trust Board

The Trust Board will:

- Ensure appropriate policies are in place.
- Monitor compliance with statutory requirements.

Headteacher / Nursery Manager

The Headteacher or Nursery Manager will:



- Ensure implementation of this policy.
- Ensure appropriate staff training.
- Monitor food safety and safer eating arrangements.
- Ensure allergy information remains accurate and accessible.

Staff

Staff will:

- Follow Trust food safety procedures.
- Promote healthy eating.
- Support safe eating practices.
- Follow allergy management procedures.
- Report concerns immediately.

Parents and Carers

Parents and carers are expected to:

- Provide accurate information regarding allergies and dietary requirements.
- Keep the nursery informed of any changes.
- Work in partnership with staff to meet children's needs.

4. Healthy Eating, Nutrition and Mealtimes

The Trust promotes healthy, balanced and nutritious food in line with current government guidance. Meals, snacks and drinks provided within EYFS settings should support children's health, wellbeing and development and help establish positive lifelong eating habits. Settings are expected to provide a variety of foods across the main food groups, include fruit and vegetables regularly, provide appropriate sources of protein and starchy carbohydrates, and limit foods and drinks high in sugar, salt and saturated fat. Water and milk will be promoted as the primary drinks available to children, and food will never be withheld as a sanction or used as a reward.

Children will have access to fresh drinking water throughout the day and healthy meals and snacks where provided. Nutritional provision for babies and young children will be developmentally appropriate and aligned with current government guidance.

The Trust believes mealtimes should be calm, enjoyable and inclusive experiences that support children's learning and wellbeing. Staff will model positive eating behaviours, encourage independence appropriate to age and stage, respect children's appetite and preferences, avoid pressuring children to eat, and provide sufficient time for children to eat and drink without being rushed. Mealtimes should promote social interaction and positive relationships with food.

Settings will promote good oral health through access to drinking water, healthy food choices and age-appropriate oral health messages.



5. Individual Needs, Allergies and Safe Eating

The Trust recognises that children have differing dietary, medical, cultural, religious and developmental needs. Settings must ensure that all children can access food and drink safely and inclusively, with reasonable adjustments made where required. Individual dietary requirements, including allergies, intolerances, medical conditions and special diets, will be identified, recorded and regularly reviewed in partnership with parents and carers.

For babies and young children, feeding arrangements will be based on individual developmental needs rather than age alone. Settings will work closely with parents regarding breastfeeding, expressed breast milk, formula feeding, weaning and the introduction of new foods and textures.

The Trust recognises choking as a significant risk for babies and young children. Food will be prepared and presented appropriately for each child's stage of development, and children will be actively supervised whilst eating. Staff must promote safe eating practices, minimise choking risks and follow current safer eating guidance. A current paediatric first aider will always be present during meal and snack times.

Robust arrangements will be in place to manage food allergies and minimise the risk of allergic reactions, including the collection and sharing of relevant information, individual allergy plans where required, and procedures to reduce cross-contamination. Staff must be able to recognise and respond appropriately to allergic reactions and anaphylaxis.

Food provision and mealtime arrangements will be inclusive and non-discriminatory, ensuring that children can participate safely regardless of medical needs, SEND, religion, belief or cultural background. Choking incidents, allergic reactions and other food-related incidents will be managed, recorded and reviewed in accordance with Trust procedures.

6. Food Safety and Hygiene

All settings will maintain robust food safety and hygiene systems, including appropriate food storage, temperature monitoring, cleaning and sanitisation, effective hand hygiene, prevention of cross-contamination, safe preparation and serving of food, and appropriate staff training. Food safety arrangements will comply with relevant legislation and local environmental health requirements.

7. Food Brought from Home and Celebrations

Where children bring food from home, settings will promote healthy eating, manage allergy and food safety risks, and communicate any site-specific restrictions to families. Food sharing between children will not be permitted.

The Trust encourages healthy and inclusive approaches to celebrations. Food-based celebrations should be occasional, take account of dietary and allergy requirements, and support the



principles of this policy. Alternative ways of celebrating achievements and special occasions should be encouraged where appropriate.

8. Monitoring and Review

Headteachers and Nursery Managers will monitor implementation of this policy through routine observations, health and safety monitoring, allergy management audits, food hygiene monitoring, and review of incidents and near misses.

Compliance with this policy may be monitored through routine quality assurance activities, audits, incident reviews and safeguarding oversight processes.

This policy will be reviewed every two years or sooner if legislation or guidance changes.