



Sunshine
Academy

Food and Nutrition Policy for EYFS

Written	September 2026
Written by	Miss S Corkindale Mrs N Broadway
Ratified by Local Governing Body	October 2026
Date of Review	September 2027
Requirement	Not–statutory Trust requirement Not required on website



1. Policy Statement

This policy outlines our approach to providing healthy, balanced, and nutritious food and drink to all children in our care, in line with the Department for Education (DfE) statutory guidance effective from September 2026.

Sunshine Academy are committed to meeting the requirements of the Early Years Foundation Stage (EYFS) statutory framework. From September 2025, we will follow the DfE's nutrition guidance as a safeguarding and welfare requirement. All meals, snacks, and drinks provided will comply with the latest standards. In line with the EYFS, food provision is recognised as part of safeguarding and welfare. This means providers must ensure that food and drink contribute positively to children's health, wellbeing, and development and that staff model healthy eating behaviours.

At Sunshine Academy, we are committed to promoting healthy eating habits and providing nutritious, balanced food options for all children in our Early Years Foundation Stage (EYFS).

2. Aims

- **Promote healthy eating** and establish healthy habits from an early age
- **Ensure food provided meets the School Food Standards**
- **Support parents/carers** with information about healthy food choices
- **Create a positive eating environment** that encourages social skills and independence

3. Food Provision

Snacks

- We provide fresh fruit or vegetables and water/milk at snack times.
- Sugary snacks and drinks are not permitted.

Meals

- All meals and snacks comply with the [School Food Standards](#).
- Menus are planned to include a variety of fruits, vegetables, wholegrains, and lean proteins.
- Special dietary needs, allergies, and cultural preferences are catered for.

Drinks

- Only water or milk is provided throughout the day.
- Children are encouraged to drink water regularly.

4. Food Safety and Hygiene

At snack and mealtimes, at least one PFA-qualified adult must be present and within sight and hearing of the children. All staff involved in food preparation receive training in food hygiene and safety. We follow best practices for safe food handling, preparation, and storage.

Special care is taken to prevent choking and ensure safe feeding.
Choking Prevention Measures:

- All staff involved in food preparation and supervision are trained in food safety and paediatric first aid, including how to respond to choking.
- Foods that pose a high choking risk (e.g., whole grapes, cherry tomatoes, hard raw vegetables, and popcorn) should either be avoided or prepared safely, including packed lunches from home.
- Grapes and cherry tomatoes are always cut lengthwise into quarters.
- Sausages and similar foods are sliced lengthwise and then into small pieces.
- Round, hard, sticky, or very dry foods are not served to children under 5.
- Children are always seated facing an adult while eating and are supervised by an adult at all times.
- Children are encouraged to eat slowly and chew thoroughly.
- Staff are trained to recognise the signs of choking and respond immediately using age-appropriate first aid techniques.
- All staff follow food hygiene guidelines.
- Allergen information is clearly displayed and communicated to parents/carers (in line with Natasha's Law).
- Staff receive training on allergy management (Allergy and Anaphylaxis) and food safety (in line with Benedict's Law).

5. Special Dietary Needs

- Staff are informed of all children's allergies and dietary requirements to ensure appropriate care.
- Individual care plans will be developed in consultation for children with food allergies, intolerances, religious and cultural dietary requirements.

6. Curriculum

- Healthy eating and nutrition are embedded in the EYFS curriculum through cooking activities, role play, and discussions.
- Children are encouraged to try new foods and participate in food preparation where appropriate.

7. Celebrations and Special Events

- We encourage parents/carers to donate a book on their child's birthday as opposed to providing sweets and chocolates.
- Birthday sweets may be brought into school but will not be eaten during the day. Items will be sent home at the end of the day.
- All food brought in for events are checked for allergen content.

8. Partnership with Parents and Carers

- We provide guidance on healthy lunchbox options.
- Information about our food policy and menus is shared regularly via our website.

- We will support families in understanding children's nutritional needs and encourage consistency between home and setting.
- We welcome feedback from parents/carers.

9. Monitoring and Review

This policy is reviewed annually or in response to changes in legislation or guidance. We monitor food provision through regular feedback from children, parents, and staff.

