



Safeguarding Children

Nutrition (Healthy Eating) Policy

(Updated in accordance with EYFS April 2025 Nutrition Guidance and EYFS September 2025 Framework)

Policy Statement

At Scalliwags Pre-School CIO, we are dedicated to providing a safe, nourishing, and developmentally appropriate food environment for all children. This policy aligns with the Early Years Foundation Stage (EYFS) Nutrition Guidance (April 2025) and the EYFS reforms effective from September 2025. We aim to promote healthy dietary habits, prevent food-related incidents, and collaborate closely with families to support the nutritional needs of every child.

Provision

- Snacks are healthy and low in sugar/salt.
- Water is available at all times.
- Foods that pose a choking risk (whole grapes, popcorn, raw carrot sticks, etc.) are cut appropriately or avoided.
- Mealtimes are calm, social experiences with adult's role-modelling positive eating behaviours.
- We avoid processed foods, sweetened drinks, and high-fat/salt/sugar products.
- We provide children with utensils that are appropriate for their ages and stages of development.
- For children who drink cow's milk we provide semi-skimmed milk
- Our Packed Lunch Policy provides parents with advice and guidance on healthy packed lunches

Allergen Management and Choking Prevention

- Before a child starts, we collect comprehensive dietary information, including allergies, intolerances, and preferences.
- Allergy action plans are created with input from parents and healthcare professionals, where relevant and updated regularly.
- Staff check the allergy list before each meal/snack time and packed lunches are checked for each child to verify that each child's food is safe.
- Children are never permitted to share food and are closely observed during meals.
- Choking incidents are documented and reviewed as safeguarding "near misses".

Scalliwags Pre-school CIO

The Nursery Unit, Paddock Wood Community Centre, Paddock Wood, Kent, TN12 6EB

The Village Hall, Bush Road, East Peckham, Kent, TN12 5LL

Registered Charity No. 1179340

Ofsted Registration Nos. 2831937 and 2686577



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- At least one Paediatric First Aid (PFA) trained person is always present during meal and snack times. All pre-school practitioners are PFA trained.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or to make the child feel singled out.

Communication with Parents

- Snack details are shared weekly with parents and tailored, where possible, to cultural, ethical, and dietary needs.
- Ongoing communication is encouraged around food introduction, preferences, and concerns.
- We provide resources to support healthy eating at home, including government guidance on portion sizes and food safety.
- Feedback is welcomed to inform continuous improvement.

Meal/Snack Time Environment

- Children are encouraged to serve themselves when developmentally ready to foster independence.
- Mealtimes are calm and offer positive interactions with discussions about food choices.
- Children are encouraged but not forced to try new foods.
- Practitioners sit at the same level or facing the children to monitor for allergic reactions or choking.

Food Safety and Hygiene

- As a minimum, Managers, deputies and room leaders hold a Level 2 Food Hygiene certification.
- Food is stored, prepared, and served following Food Standards Agency (FSA) guidance.
- Kitchen and preparation areas as well as tables where the children eat are cleaned in accordance with FSA.
- The setting holds a Level 5 Food Hygiene rating (2025).
- Fridge temperatures are checked regularly.

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Sustainability and Food Waste

- Snack includes seasonal and local ingredients where possible.
- Children are taught about sustainable eating and food origins through discussion and activities.
- Food waste is minimised.

Alignment with EYFS 2025 Changes:

- This policy aligns with new EYFS 2025 requirements by embedding nutrition, food safety, and safer eating principles into daily practice.
- It includes mandatory staff supervision while children are eating, attention to allergy management, and specific seating and feeding practices to reduce choking.
- It ensures that allergy action plans, parental collaboration, and PFA-trained supervision are embedded in the setting's operations.
- We reflect the EYFS 2025 emphasis on supporting individual health, development, and safeguarding during food routines.

Oral Hygiene

The setting recognises the importance of oral hygiene and promotes this by:

- Only allowing water in the children's water bottles.
- Including oral health as part of our curriculum and in our keeping health discussions
- By sharing the NHS factsheet about oral health to our parents and carers.

Review and Monitoring

This policy will be reviewed annually or more frequently if required, to ensure its effectiveness and compliance with any changes in legislation or local guidelines. Feedback from staff, parents, stakeholders and health professionals will be welcomed to maintain a high standard of practice.

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This policy was adopted at a meeting of		
Held on		(date)
Date to be reviewed		(date)
Signed on behalf of the management committee		
Name of signatory		
Role of signatory		

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