

# Castle Hills Primary Academy



## EARLY YEARS NUTRITION POLICY

VERSION	AUTHOR	SUMMARY OF CHANGES	DATE PUBLISHED	DATE OF REVIEW
1.0	CH	New Policy	JULY 2025	2 yearly

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## 1. STATEMENT OF INTENT

1.1 Castle Hills Primary Academy understands the importance of providing a healthy and balanced diet.

1.2 Pupils require the right amount of nutrients and energy they need while they are growing rapidly, this is particularly paramount for those children who are not offered the correct balanced diet at home.

1.3 All staff at Castle Hills Primary Academy ensure that they teach children the importance of healthy eating and are providing children with the opportunity for positive eating habits. As stated in the EYFS Nutrition guidance "Children's early experiences with food can shape future eating habits".

1.4 The Academy is committed to providing a nutritious and balanced diet through:

- Having children eating together in the setting to encourage children to try different foods that some children may not be accustomed to at home.
- Members of staff are to sit and watch children eat at all times.
- Ensure allergies are catered for and all staff are aware of these allergies- children will have their own allergy plan in place.
- A healthy and balanced meal will be planned and offered to children at lunch time. Parents will be able to order the meal through 'School Grid' and therefore, they are aware of the menu that their child will be served.
- **Water** will be available to children throughout the school day and one carton of semi-skimmed milk at snack time for eligible pupils.
- **All** staff working with children when they are eating will be paediatric first aid trained.
- **All** staff working with children who serve food will have the relevant Food Safety training in place.
- If food is brought in from home (packed lunch)- parents are to be aware that children are to have healthy packed lunch choices – providing healthy, balanced and nutritious food.

## 2. LEGAL FRAMEWORK

2.1 This policy has due regard to the relevant legislation, including, but not limited to, the following:

- Equality Act 2010
- Safeguarding Vulnerable Groups Act 2006
- Childcare Act 2006
- Education Act 2002
- Education Act 2011
- The Control of Substances Hazardous to Health Regulations 2002 (as amended in 2004)
- Early Years Foundation Stage nutrition guidance 2025
- EYFS Framework 2024

2.2 This policy has due regard to the relevant statutory guidance, including, but not limited to, the following:

- Early Years Foundation Stage nutrition guidance 2025

### 3. WHAT IS NUTRITION GUIDANCE? (Please refer to Appendix 1)

3.1 The guidance states that: "*Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious*".

3.2 Nutrition Guidance includes the following:

- Ensure school meals are a balanced diet covering the 4 main food groups
- Ensure packed lunches brought in from home are healthy
- Allergies are catered for and all children have an allergy plan in place
- Food for religious faith and beliefs and special dietary requirements are catered for
- Schools are to only allow children to drink water or semi-skimmed milk- avoid juice or sugary drinks
- Children should eat a variety of fruit and vegetables- this will be offered each day at snack time.

### 4. ROLES AND RESPONSIBILITIES

4.1 The headteacher is responsible for:

- To ensure the school kitchen staff are offering a healthy and balanced menu each week.
- To ensure all staff are aware that healthy packed lunches are to be monitored
- Water is to be offered to all children throughout the day
- To ensure that all staff working with children with food are paediatric first aid trained
- To ensure all staff who are handling food have 'Food Safety' training.

4.2 All members of staff working with children in EYFS:

- Always ensure food is cut up to a size that is right for the child.
- Ensure parents/ carers are aware of the menu offered to children (through School Grid)
- Members of staff have a positive relationship with parents and ensure that information is shared with families regarding a child's food intake.
- Ensuring that the food provided from home aligns with the healthy options offered by our setting.
- Packed lunches are checked to ensure the food is suitable and staff are preventing any choking.
- Packed lunches can be kept at room temperature for 4 hours at a maximum- school cannot take any responsibility for the storage of food as there is no cooling facilities.
- Ensure packed lunches are clearly labelled with the child's name on and detail the contents.
- Any food that has been brought in from home such as; a birthday cake for a celebration must be checked of any allergens before serving to a child. Parents should then be told that their child has had something additional to their lunch time meal or fruit snack to ensure parents are involved in supporting with healthy eating habits.

4.2

Parents are responsible for:

- Liaising with the Academy to communicate their wishes regarding their child's dietary requirements
- Providing a healthy and balanced packed lunch and their food is cut up appropriately.
- Ensuring their child has a water bottle each day with **water** in.

## 5. IMPLEMENTATION

Children's packed lunches should include items from the 5 main food groups.

### **Bread, Rice, Potatoes, Pasta**

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g., pasta salad, sandwich.

### **Fruit and Vegetables**

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and/or 1 portion of vegetables / salad, or more e.g., carrot/cucumber sticks, cherry tomatoes, a piece of fruit and including dried fruit.

### **Milk and Dairy foods**

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g., yoghurt, fromage frais, milk or cheese, custard or calcium-enriched plant based dairy alternative.

### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g., boiled egg as filling in sandwich, tuna as a sandwich filling, mixed bean salad, sliced chicken as a sandwich filling, to name but a few.

**Drinks** – any drinks provided in lunch boxes **should only** include either plain water or semi-skimmed milk.

### **Please see appendix 1 for a Parent Friendly Food Guide**

Please support our school by not including these items in a packed lunch:

#### **Nuts**

We are a **Nut Free Environment** therefore we do not allow any products that contain nuts anywhere on our premises and kindly request that parents/guardians/carers refrain from packing nut or nut-based products in their children's lunches. (The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements and is compliant with Natasha's Law).

#### **Foods and drinks high in fat and/or sugar**

It is important not to fill up on too many foods that are high in fat and/or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.

#### **No more than one dessert item per day**

Cake, biscuit, cereal bar, fruit loaf, bun, ideally fruit based. Please encourage your child to eat these as part of a meal.

#### **No more than two portions of food each week that includes pastry**

Products such as sausage rolls, pies, pasties etc

## **BANNED ITEMS**

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not** contain the following:

- **Nuts** – We are a **Nut Free Environment**. Although nuts can be healthy, some children are allergic to nuts and they can cause a severe reaction even when in other pupil's lunches.
- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Sweets
- Chewing gum
- Sugared / toffee and salted popcorn
- Crisps or any packet savoury snacks high in salt and fat
- Energy drinks
- Caffeine drinks

## **6. MONITORING AND REVIEW**

6.1 This policy will be reviewed biannually by the headteacher and EYFS Lead, who will make any changes necessary and communicate these to all members of staff.

6.2 The next scheduled review date is July 2027

6.3 All members of staff are required to familiarise themselves with this policy as part of their induction programme.

# APPENDIX 1

## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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# Balanced packed lunch tips: A simple guide to support families



This guide complies with school food standards and offers tips on how to build a balanced packed lunch on a budget. **A packed lunch should contain:**

## One portion of whole grains & one source of protein:

- Three bean pasta salad
- Jollof rice & a boiled egg
- Lentil dahl and roti
- Roast chicken sandwich
- Cheese quesadilla
- Wholemeal pitta and hummus
- Falafel salad with flatbread
- Vegetable noodles
- Chickpea and potato curry
- Pitta pizzas
- Tuna salad baguette
- Cheese and ham roll ups
- Soup and crackers
- DIY tacos
- Black bean burger
- Cucumber and cream cheese bagel
- Lentil pilaf
- No nut pesto pasta
- Tuna and bean salad
- Roast vegetable sandwich
- Chickpea and vegetable wrap
- Roast vegetable and turkey pasta
- Potato and cauliflower curry
- Cucumber and hummus wraps
- Homemade egg mayo



## At least one portion of vegetables & one portion of fruit:

- |  |                  |                               |           |
|--|------------------|-------------------------------|-----------|
| • Bell pepper                            | • Spinach        | • Grapes                      | • Apple   |
| • Carrots                                | • Courgette      | • Banana                      | • Pear    |
| • Celery                                 | • Green beans    | • Orange                      | • Papaya  |
| • Peas                                   | • Beetroot       | • Pineapple                   | • Apricot |
| • Edamame                                | • Radish         | • Cherries                    | • Melon   |
| • Broccoli                               | • Sugarsnap peas | • Mango                       |           |
| • Cherry tomatoes                        |                  | • Raspberries                 |           |
| • Kale / sweet potato<br>homemade crisps |                  | • Strawberries                |           |
| • Salad                                  |                  | • Blackberries                |           |
| • Cucumber                               |                  | • Dried fruit                 |           |
|  |                  | • Tinned fruit (not in syrup) |           |



## One snack:

- Small bag of plain popcorn
- Malt loaf
- Low sugar yoghurts or Greek yogurt
- Raisins / sultanas
- Homemade fruit yogurt pot with oats
- Brown, plain rice cakes
- Dips and hummus

**+ only water or milk**

(try adding lemons, cucumbers or mint to water)

