



Peartree Way Nursery School

Food and Nutrition Policy

Based on Model Policy	n/a
Review Body	Fully Governing Board
Date issued	October 2025
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Headteacher: Siân Gardiner Signed: <i>Siân Gardiner</i> Date:	Chair of Governors: Kathryn Evans Signed: <i>Kathryn Evans</i> Date:
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Peartree Way Nursery School is committed to:

Safeguarding and promoting the welfare of children and young people and expects all staff, visitors and volunteers to share this commitment.

Eliminating discrimination, advancing equality of opportunity and fostering good relations between different groups. These factors were considered in the formulation and review of this policy and will be adhered to in its implementation and application across the whole school community.

Promoting the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs: any school member or visitor expressing opinions contrary to fundamental British Values, including “extremist” views, will be actively challenged.



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Food and Nutrition Policy

At Peartree Way Nursery, we are dedicated to encouraging healthy eating habits, believing it is vital to nurture these from an early age. We recognise that a well-rounded diet contributes to improved focus, sustained energy, and helps establish good eating habits that last a lifetime. Our policy ensures that all children at Peartree Way have access to nutritious, balanced snacks in a safe and supportive environment and learn how to keep their bodies healthy.

This policy has been written in line with the Early Years Foundation Stage Nutrition Guidance.

Snack Provision

- We provide snacks twice daily, accompanied by milk or water as drink options.
- Fresh water is available to the children throughout the day, and they are encouraged to help themselves.
- Snacks at Peartree Way include starchy foods (such as bread, crackers, or rice cakes) and a variety of fruits and vegetables to ensure a balanced nutritional intake.
- Staff encourage independence during snack time providing opportunities for children to prepare their own snacks, pour their own drinks and tidy away after themselves. This approach allows our children to further develop their personal, social and emotional skills. As part of curriculum we have a progression of skills linked to snack time (*see appendix 1*)
- The use of Makaton signs during snack time are used by our staff to support our pupils and to ensure all our children have the tools to communicate their needs.
- Snacks and portion sizes are planned for in advance and set out in our snack menu.
- To help us provide a range of snacks for the children we ask for a donation of approximately £2 per week from families. We send home donation envelopes each half term for this.

Lunch Club

- Children bring their own packed lunches from home, which we encourage to be balanced and nutritious. Parents/carers are provided with advice and resources to support this.
- We do not permit sharing of packed lunch foods between children to manage allergy risks and hygiene.
- Foods brought in from home are stored on trolleys which are kept inside. It is recommended to parents that they include an ice pack in their child's lunch box to keep the food at a safe to eat temperature.
- Mealtimes are structured to be calm, social, and positive experiences.
- An adult is based at each lunch table and will ensure that the children eat and drink enough while also modelling good eating habits and promoting conversation and sharing.
- We ensure that children are seated comfortably and supported during mealtimes to foster social interaction and enjoyment.



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Lunch box guidance

At Peartree Way Nursery, we work together with families to make mealtimes safe, enjoyable, and stress-free for every child. To support this, we ask that all parents and carers follow our packed lunch box guidelines:

- **Keep it simple** – Your child's lunch box does not need to be filled with lots of different foods, as this can sometimes feel overwhelming for them. A small variety of familiar, healthy options is best.
- **Nut-aware setting** – We are a *nut-aware* setting due to severe allergies. Please do not include:
 - Any nuts or nut-containing products
 - Peanut butter or other nut-based spreads
 - Chocolate spreads, as these often contain nuts or traces of nuts
- **Other foods not allowed:**
 - Sweets and chocolate (e.g. Haribo, Smarties)
 - Shellfish or shellfish-based products
 - Popcorn (choking hazard)
 - Sesame seeds
- **Choking hazards** – Please cut in half *lengthways* the following foods if included:
 - Grapes
 - Cherry tomatoes
 - Olives
 - Blueberries
 - Mini sausages
- **Alternative lunch ideas** – Your child may prefer items such as crackers, cold meats, or rice/pasta in a Thermos flask rather than sandwiches. These are all fine.

We recognise that parents know their children best, including their likes and dislikes, and we encourage them to provide the foods you know your child will enjoy and eat.

Wrap around care:

- Children attending breakfast club are offered milk, cereal and toast for their breakfast.
- Children attending after school club are provided with a health snack and drink at the start of the session.



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Celebrations and Special Occasions

To maintain a focus on prompting healthy eating habits, we do not provide sugary treats for celebrations. At Peartree Way Nursery staff will not distribute cakes, sweets, or other 'celebration foods and instead, we celebrate with activities or non-food-based rewards. Parents are informed of this policy to support consistency between home and nursery.

At our school celebrations such as fun days and fetes we require a list of ingredients to be provided with any food that will be served and do not accept any foods where ingredients can not be verified. We ensure that at these events no food is given to any child without the parents' permission first.

Management of Food Allergies and Dietary Needs

- We maintain up-to-date records of all children's allergies and dietary restrictions.
- We make sure that all members of staff, including any temporary or part-time staff are aware and up to date with any children who do have allergies.
- Staff are trained in allergy awareness and emergency procedures.
- Snacks are chosen with consideration of potential allergens, and parents/carers are asked to inform us of any changes in dietary needs promptly.
- At Peartree Way we are a nut aware school and ask that children and staffs lunches are nut free.

Food Based Play Activities

- All sensory and messy play activities are risk-assessed in advance to ensure they are safe for children with allergies.
- Room leads are responsible for checking all materials, resources, and ingredients used in activities against the allergy register and consulting with parents/carers where necessary.
- We have a list of pre-approved resources that staff can use during sensory and messy play activities which are kept up to date with the children's allergies.
- All staff supporting the activity must be briefed by the room leader on allergy risks, and emergency procedures must be in place in the event of an allergic reaction.
- Alternative safe resources will always be provided so that no child is excluded from participation.

Provision for Cultural and Dietary Preferences

We respect and accommodate the diverse cultural, religious, and dietary needs of all children. Parents and carers are encouraged to share relevant information about their child's food preferences or restrictions, which we integrate into our planning and provision.



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Food Safety and Hygiene

- Staff adhere strictly to hygiene procedures during food preparation and serving.
- Children wash their hands before and after eating.
- All food is stored and handled in accordance with food safety regulations.
- We regularly review and update our food safety practices.

Sustainability

At Peartree Way Nursery we aim to minimise waste by providing appropriate snack portions and encouraging the use of reusable containers for packed lunches.

Children are asked to take all rubbish and leftovers from their pack lunches home with them so it can be appropriately recycled or reused if unopened. This also gives our parents and carers a clear picture of what their child has had to eat for lunch.

Learning About Food

We incorporate learning about healthy eating, food origins, and nutrition into our curriculum.

Children participate in age-appropriate discussions and activities designed to develop their understanding of healthy choices.

When possible, children engage in simple cooking or food preparation activities under staff supervision. These experiences promote hands-on learning about food, hygiene, and nutrition while fostering curiosity and enjoyment. All cooking activities are carefully considered and planned for in advance.



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Appendix 1- snack progression of skills

Skills Progression- Snack				
Skill	Knowledge and Skills Progression What you may see me learning:	How familiar adults will help me	Vocabulary	Links to EYFS/ Development Matters
Washing hands	Using the sink Using soap Running my hands under the water	Reminding me of good hygiene habits Being a good role model	Wash, clean, soap, water, dry	Personal, Social and Emotional Development
Sitting at the table	Selecting a chair Sitting on a chair	Reminding me how to sit on a chair. Being a good role model	Sit, safe, chair, table	Physical Development
Selecting snack	Choosing between two different fruits	Being a good role model. Guiding my choices if needed. Naming and describing the choices	Choose, either, or,	Personal, Social and Emotional Development
Drinking from a cup	Drinking from an open cup with spills Drinking from a cup without spills	Ensuring my cup is not over-full. Being a good role model. Scaffolding my actions.	Sip, full, empty, swallow	Personal, Social and Emotional Development
Pouring liquid	Serving myself water Serving myself milk	Ensuring the jug is not over-full. Having water and milk available in jugs	Pour, hold, water, milk, cup,	Physical Development



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Peeling- by hand	Taking the skin off a banana, satsuma or orange.	Modelling the process and skills Letting me make mistakes. Encouraging me to have a go,	Peel, skin, fingers, thumb, pull, ,	Physical Development
Cutting	Using a knife to cut- banana, cucumber, melon, bread, toast,	Modelling the process. Guiding my hand Letting me make mistakes. Narrating the process	Cut, press, chop, knife,	Physical Development
Spreading	Exploring butter with a knife Exploring jam with a knife or spoon.	Modelling the process. Guiding my hand Letting me make mistakes. Narrating the process	Spread, press, butter, jam, edge,	Physical Development
Peeling- using a tool	Exploring a peeler with carrots, potatoes,	Modelling the process and tools. Guiding my hand Letting me make mistakes. Narrating the process	peeler, scrape, press,	



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