Bradford Diocesan Academies Trust

CLAYTON ST JOHN
C of E PRIMARY SCHOOL

EYFS FOOD AND NUTRITION POLICY

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1. Trust Policy Statement

All BDAT schools with pupils in the Early Years Foundation Stage (EYFS), or anyone using our premises to run an out-of-school setting at which children between the ages of 0 and 5 can attend, is expected to have an EYFS Food and Nutrition policy in place.

As part of our focus on diversity and inclusion, BDAT pledges that our policies will seek to promote equality, fairness, and respect for all staff and pupils. Our policies reflect the BDAT values of inclusion, compassion, aspiration, resilience, and excellence. By working closely with a range of stakeholders, such as our school, union, and HR colleagues, we have ensured that BDAT's policies do not unlawfully discriminate against anybody.

This policy has been implemented following consultation with stakeholders and will be reviewed on a triannual basis to reflect changes in local and national guidance, or sooner if there are substantive amendments.

For the purpose of this policy, the term Trust refers to BDAT. The term school and the term academy are interchangeable. The term pupil and the term student are interchangeable.

2. Introduction and Aims

Clayton St John Primary is determined to enable every child to thrive and recognises that a balanced and nutritious diet underpins a healthy lifestyle. The early years are a crucial time to set the foundations for a lifetime of good nutritional health by helping children to develop positive eating habits, as children's early experiences with food can shape their future diet.

This policy has been produced in response to the DFE Early Years Foundation Stage Nutrition Guidance which states that where children are provided with meals, snacks and drinks in school, these must be healthy, balanced and nutritious. This policy sets out how we will meet the requirements of this guidance within our Early Years provision.

3. Definitions and Scope

The DFE Early Years Foundation Stage Nutrition Guidance states that children aged one to five need to be fed a healthy balanced diet based on the four main food groups so that they get the essential nutrients to help them grow and develop. These food groups are: fruit and vegetables; potatoes, bread, rice, pasta and other starchy carbohydrates; dairy or dairy alternatives; and beans, pulses, fish, eggs, meat and other protein.

From September 2025, this nutrition guidance is being incorporated into the safeguarding and welfare requirements of the EYFS statutory framework, which is given legal force by regulations made under the Child Care Act 2006 s39(1)(b). This means that we must take this guidance into account and should follow it unless there is good reason not to.

Whilst this policy and the DFE Early Years Foundation Stage Nutrition Guidance only applies to children up to the age of five, many of the principles outlined will also be beneficial to pupils who are older.

This EYFS Food and Nutrition Policy sets out the approaches we are expected to take in order to meet the expectations set out by the DfE in their nutrition guidance.

4. Roles and Responsibilities

This section of the policy outlines the different responsibilities of staff at Clayton St John relating to the implementation of this policy:

The Local Governing Body is responsible for approving, reviewing and monitoring this policy to ensure that the Clayton St John is compliant with DFE Early Years Foundation Stage Nutrition Guidance, and for ensuring that the Headteacher enacts this policy.

Headteachers are responsible for ensuring that this policy is enacted within their academy.

SENDCOs and DSLs are responsible for working in tandem to implement individual pupil nutrition plans for those children who may have allergies or any other associated risks.

All Staff are responsible for supervising pupils who are eating in line with their school's arrangements at snack and meal times.

Parents, Carers and Families are responsible for working in partnership with their child's school by:

- Maintaining regular contact about any food allergies or dietary requirements that their child has (both existing and emerging).
- Working in partnership with school by ensuring that any food provided from home meets the requirements outlined within DFE Early Years Foundation Stage Nutrition Guidance.
- Supporting their child by encouraging them to enjoy the full range of meals and snacks provided by school as part of a healthy balanced diet.
- Informing school about any changes in circumstances that may affect their child's needs.
- Where necessary, engaging productively with staff in the development of and review of any nutrition plan for their child.

5. Menu Planning

At Clayton St John, in conjunction with our catering provider, we will plan weekly menus in advance in line with the DFE Early Years Foundation Stage Nutrition Guidance, which provides guidelines as to different food items that should be provided, limited and avoided. Menus will also be compliant with the expectations set out in the School Food Standards.

We recognise that planning menus in advance helps to ensure that the offer to children provides a varied, balanced and nutritional diet across the week. It also enables active consideration of children who have dietary requirements or food allergies, so that the meals provided meet their needs.

Clayton St John will regularly communicate our weekly menus with parents to support them to manage any anxieties their children may have around eating, as well as helping them to balance their child's diet at home.

We will work with our catering provider to vary our menus throughout the academic year, giving children the opportunity to experience different seasonal produce and foods from a range of cultures that reflect the diverse communities of Bradford.

For further information about menu planning, please see Appendix One which provides more specific details.

6. Food Brought from Home

6.1 Packed Lunches

Clayton St John understands that some families may wish to provide food from home for a variety of reasons. DFE Early Years Foundation Stage Nutrition Guidance states that food provided from home should align with the healthy options provided within school, so that children receive consistent messages about nutrition. This means that it is a government expectation of all schools to encourage healthy food choices for packed lunches.

We will regularly share this policy with all parents, so it is clear the expectations around healthy and balanced meals applies to those children who bring their own food to school, as well as those who eat school meals.

In circumstances where children bring packed lunches that are not consistent with the expectations set out in the DFE Early Years Foundation Stage Nutrition Guidance, we will discuss this with parents to advise them of the importance of a healthy and balanced diet for their children. This is an expectation of us set out within the government guidance. A record of any such conversation will be made on CPOMS so that we can evidence compliance with the EYFS framework.

Where we have pupils with allergies that could be affected by the contents of a packed lunch (e.g. an airborne nut allergy), we will clearly communicate to parents that these items are prohibited from the school site.

See Appendix Two for more information about the Clayton St John packed lunch policy.

6.2 Celebrations and Special Occasions

Clayton St John recognises that there are occasions during the school year when children, families and our school community may wish to arrange celebrations. For example, parents may wish for their child's birthday to be celebrated with their classmates, or we may wish to mark religious festivals or hold events for our community.

In line with the recommendations in the DFE Early Years Foundation Stage Nutrition Guidance, we will use non-edible means of celebrating pupil birthdays (such as stickers or balloons).

In relation to whole school or community events, we will take a pragmatic approach in these instances, balancing our obligations to promote healthy eating in line with the guidance, with recognition that food can be a significant element of such celebrations.

In all circumstances, any food brought in from outside school will be checked for potential allergens.

7. Food Safety and Hygiene

Clayton St John is compliant with The Environmental Health Officer in relation to food safety and hygiene management.

Our catering is provided 'in-house' and so it is the responsibility of the Headteacher to ensure that the catering provision is compliant and all members of staff involved in the handling, preparation or serving of food receive adequate training and instruction in relation to food safety and hygiene.

Food should always be prepared in such a way that minimises the risk of choking hazards as per DfE Food Safety Guidance. The Headteacher must ensure that all staff involved in the supervision of pupils at snack and meal times are:

- Fully informed of any children with allergies or dietary requirement
- Aware that they must actively prevent pupils from sharing food
- Supervising children that are eating face on wherever possible so they can identify any choking incidents more easily

Clayton St John is not able to provide the facilities for packed lunches to be refrigerated, or for food brought in from home to be reheated. Parents should be mindful of this when deciding what to pack for their child. For example, packing items in insulated sealed bags, using ice packs or packing items that can be safely stored at room temperature. Parents should also prepare food in packed lunches in line with the above guidance to minimise the risk of choking hazards.

8. Supporting Individual Pupil Needs

Clayton St John is committed to ensuring that all pupils are supported with any individual needs they may have, including dietary requirements. Families should inform school of any allergies or dietary requirements as soon as they emerge, so that appropriate support can be put in place within school.

Where parents are providing a packed lunch for their child, it will be their responsibility to ensure that it is suitable for their child's individual needs.

Any allergies or dietary requirements will be recorded on the school's Management Information System. An individual care plan/risk assessment will also be co-produced with parents detailing:

- The nature of the pupil's allergy or dietary requirement
- The measures to be taken to meet their dietary need
- The measures to be taken in the event of an emergency

This care plan will be stored on the pupil's CPOMS file and shared with the relevant members of staff.

We will keep a collated record of all pupils with food allergies and dietary requirements. This will made be available to catering providers, both at meal times and in out of school hours provisions, so that they can ensure the dietary needs of all pupils are safely met. At all meal and snack times, there will be a nominated member of staff to oversee this.

9. Food and Nutrition in the Curriculum

Clayton St John believes that it is vital for children to learn about nutrition from an early age so that they develop a positive relationship with food and understanding of a healthy diet.

We offer these learning opportunities to pupils in the Early Years as part of their curriculum. Where capacity and facilities allow, cooking with pupils in school ensures that all children have the chance to engage practically and learn about nutrition.

10. Resources and Signposting for Families

This is a non-exhaustive list of useful resources and information for families about a healthy, balanced and nutritional diet for their children, including recipe ideas:

- DFE List of Common Food Allergens
- NHS Guidance on Food Allergies in Young Children
- NHS Guidance on Responding to an Allergic Reaction to Food
- NHS Guidance on Food Intolerances
- Food Standards Agency Advice on Avoiding Choking Hazards
- Food Standards Agency Guidance on How to Prepare Food Safely
- NHS Guidance for Parents of Fussy Eaters
- Public Health England's Eatwell Guide
- DFE Guidance on the Four Food Groups
- NHS Guidance on Food Labelling
- DFE Guidance on Portion Sizes
- DFE Guidance on Easy Substitutions
- NHS Healthy Start - Get Help to Buy Food and Milk
- NHS Start for Life Recipe and Meal Ideas for Under-5s
- DFE Recipe Cards
- DFE Guidance on Planning Food Activities with Children

11. Links to Guidance and Other Policies

This policy pays due regard to, and should be read alongside, the following statutory guidance, non-statutory guidance and other policies:

- DFE Early Years Foundation Stage Statutory Framework
- DFE Early Years Foundation Stage Nutrition Guidance
- DFE Guidance for Early Years Providers on Food Safety
- The School Food Standards
- Keeping Children Safe in Education 2025
- Working Together to Safeguard Children 2023
- BDAT Safeguarding and Child Protection Policy
- BDAT Health and Safety Policy
- BDAT Supporting Pupils with Medical Conditions Policy

12. Monitoring, Accountability and Review

The operational implementation of this policy will be monitored regularly via the BDAT Primary Headteacher Network and Early Years Professional Learning Community.

The Local Governing Body will provide accountability to the Headteacher for the implementation of this policy at Clayton St John.

Formal review of this policy will take place on a triannual basis or sooner if there are any changes to guidance.

Appendix One: Clayton St John C of E Primary EYFS Meal and Snack Time Arrangements

Clayton St John is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. Our catering provides a range of healthy food choices throughout the school day in line with DFE Early Years Foundation Stage Nutrition Guidance and The School Food Standards.

Water is provided for pupils to drink throughout the day and all children in EYFS are provided with milk on a daily basis.

We are committed to doing everything we possibly can to meet the dietary requirements of all our pupils. Please contact Miss Hughes (Safeguarding and Welfare Officer) via the school office if you would like to discuss any particular needs your child has, so we can work in partnership to develop an individual plan for them.

EYFS Food Provision - Breakfast

Breakfast is an important meal that should provide children with energy so that they are ready to learn at the start of the school day.

We run a daily breakfast club for pupils between 7am and 8.30am. Places must be pre-booked by emailing: careclub@claytonce.bdat-academies.org **Breakfast Club:** 7:00am-8:30am
Price: £4.50 including breakfast - breakfast is served until 8:10am
(After School Club: 3:00pm-6:00pm **Price:** £8 including a snack)

The food provided at breakfast club and after school club includes- access to fresh milk and water for drinking, a variety of cereals low in sugar, such as Cornflakes, Rice Krispies and Weetabix. In addition to the option of wholemeal toast which is offered daily alongside a selection of fruit.

EYFS Food Provision – After School

The food provided at after school club includes include fruit, rice cakes, crackers, wholemeal toast, cheese and beans on toast (once per week). Water is served as a drink during the session.

EYFS Food Provision – Lunch

School meals are provided though onsite catering and served between 11.30am and 12.35pm in our dining halls. Our school meals meet the standards set out in The School Food Standards.

Menus are planned on a three-week cycle and are communicated to families via our website. They always include a range of options (meat, fish and vegetarian) and the dietary requirements of all pupils will be catered for. Sample menus are included within Appendix Three of this policy.

We recognise that some parents will prefer to send packed lunches for their children. Please see Appendix Two for further information about our policy on packed lunches.

EYFS Food Provision – Snacks

Snacks are also provided to pupils in EYFS at other times during the school day. In Nursery, whole class snack time is both in the morning and the afternoon, one snack per session. In Reception children are offered one snack per day. The range of snacks include fruit, rice cakes, crackers, wholemeal toast.

Appendix Two: Clayton St John Packed Lunch Policy

Clayton St John C of recognises that some parents prefer to provide packed lunches for their children for a variety of reasons. We ask for the support of all parents in ensuring that the lunches they provide are consistent with our aims to promote a healthy and nutritious diet for all our pupils.

Based on the DFE Early Years Foundation Stage Nutrition Guidance, we would encourage parents to provide a balanced lunch consisting of:

- A portion of starchy carbohydrate such as bread, potatoes, pasta, noodles, rice or other grains, choosing wholemeal where possible
- One portion of fresh fruit and one portion of vegetables or salad. If you are providing any small fruits such as grapes or cherry tomatoes, please ensure that they are cut into halves to prevent choking.
- A portion of dairy food such as cheese or a plain yoghurt
- A protein product such as meat, fish, eggs, beans or pulses

In order to support us in being a school that promotes a healthy diet for our pupils, we would request that the following items are not included within packed lunches:

- Crisps or crisp type snacks
- Sweets
- Chocolate bars
- Cakes
- Biscuits
- Fizzy drinks, energy drinks or sugary still drinks
- Nuts or products containing nuts

If you have any queries about your child's packed lunch, please speak to their class teacher in the first instance.

Appendix Three: Clayton St John C of E Primary Sample Menus



Clayton St John - School Meals - Week 1

Weeks Commencing 6th Oct / 3rd Nov / 24th Nov / 15th Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Blue	Pasta Bolognese	Roast Chicken (H)	Pepperoni Pizza	Chicken Curry (H)	Fish and Chips
Main Green	Mac 'n' Cheese (V)	Quorn Fillet (V)	Cheese & Tomato Pizza (V)	Chickpea & Cauliflower Curry (V)	Tomato Penne Pasta (V)
Main Yellow	Jacket Potato & Beans (V)	Tuna Panini	Jacket Potato & Beans (V)	Jacket & Cheese (V)	Cheese Ciabatta (V)
Dessert	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day



Clayton St John - School Meals - Week 2

Weeks Commencing 13th Oct / 10th Nov / 1st Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Blue	Pork Sausage & Mash	Tomato Pasta & Meatballs	Beef Chilli	Fish Pie	BBQ Shredded Chicken Bun (H)
Main Green	Veg Sausage & Mash (V)	Tomato Pasta & Veg Meatballs (V)	Quorn & Bean Chilli (V)	Penne Tomato Pasta (V)	BBQ Quorn fillet (V)
Main Yellow	Jacket Potato & Tuna (V)	Tomato & Mozzarella Panini (V)	Jacket Potato & Cheese (V)	Tuna Panini	Jacket Potato, Beans & cheese (V)
Dessert	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day	Fresh Fruit & Dessert of the day

Appendix Four: Individual Pupil Dietary Requirements Tracker Template

Name of Pupil	Year	Food Allergies/Dietary Requirements	Religious/Faith Requirements	Additional Comments