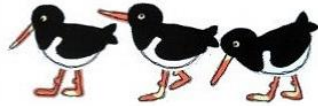


Nutrition Policy



Oyster Bay Nursery

Draft Prepared	Sept 2025
Signed by Executive Headteacher	Ms D Hines
Date Policy to be Reviewed	Sept 2026

Be Ready, Be Respectful, Be Responsible

At Oyster Bay Nursery we are committed to promoting healthy eating habits and ensuring that all children receive a nutritious and balanced meal while in our care whilst also ensuring that healthy eating is part of our curriculum. In accordance with the updated Early Years Foundation Stage (EYFS) nutrition guidance released in April 2025, we ask parents and carers to provide a healthy packed lunch.

We ensure lunchtimes are a calm and positive part of our day. While we never pressure children to eat, we gently encourage them to try a range of foods and celebrate healthy choices.

What We Provide

We provide **healthy snacks** during the day, such as fruit, vegetables, breadsticks, and milk or water.

Packed Lunch Expectations

We will check all packed lunches at the start of lunchtime. We kindly ask that packed lunches include:

- **A portion of starchy food** (e.g. bread, pasta, rice, or wraps).
- **At least one portion of fruit or vegetables.**
- **A source of protein** (e.g. meat, eggs, beans, lentils, or fish).
- **A dairy item** (e.g. cheese, yoghurt or a suitable alternative).

We ask that the following items are avoided:

- Confectionery such as sweets, chocolate bars or cakes.
- Sugary fizzy drinks or high-sugar squash – water is the best drink for children with food.
- Foods high in salt or saturated fat (e.g. crisps, sausage rolls) should be limited.
- Marshmallows, popcorn, boiled sweets and jelly cubes (all of which are choking hazards).

Hot meals

Our menus operate on a 4-week rolling cycle to ensure variety of foods, tastes, textures and colours.

Menus include a balance of:

- Starchy carbohydrates (e.g., wholegrain bread, potatoes, rice, pasta) — one portion at each main meal.
- Fruit & vegetables — at least one portion of vegetable and/or fruit at each main meal and some snacks; variety across the week.

- Protein sources (meat, poultry, fish, eggs, pulses, meat-alternatives) — a portion at lunch and tea each day; at least one lunch/tea each week using beans, lentils or a meat alternative.
- Dairy and/or fortified alternatives — suitable for age group; full-fat for under 2s, reducing fat as age increases.
- Menu design also considers specialist dietary needs (allergies, intolerances, cultural/religious diets, vegetarian/vegan) and ensures suitable alternatives.
- We actively plan for seasonal changes (e.g., spring/summer vs autumn/winter menus) and review at least twice a year.
- We share the menu with families in advance (e.g., via newsletter, display board, app) and invite feedback.

Food Safety and Storage

Please note that we **do not have the facilities to reheat or refrigerate food**. To keep packed lunches safe and fresh:

- Use an **insulated lunch bag or box**, clearly labelled with your child's name.
- Include **ice packs** to keep perishable items cool.
- If sending a warm meal, please use a **child-friendly food flask** designed to retain heat.

Allergies and Dietary Needs

To ensure the safety of all children:

- Please do not include any food items containing **nuts**, as we are a **nut-free setting**.
- Inform us of any **dietary needs or allergies** your child has (this information is requested on a child's registration form however we must be notified of any changes to your child's dietary needs or allergies. This also includes cultural preferences.

Celebrations

Families are welcome to bring in a birthday cake or to celebrate by bringing in a nonedible option such as bubbles or stickers. If you do choose to bring in a cake or sweet treat – we ask that you double check dietary requirements with us before providing any cakes or sweet treats.

If we are celebrating a child's birthday with a sweet treat, we will ensure that we do not plan any sweet baking activities during the same week.

Cooking and learning about Food

Cooking and learning about food is a key part of our curriculum. We teach children about both healthy and fatty foods and encourage them to make good choices.

When cooking with children we make sure we are cooking with a range of different foods and will not cook sweet treats during the same week as a sweet treat has been brought in by a parent.