



EAST MORTON CE PRIMARY EYFS FOOD AND NUTRITION POLICY

**Created: Summer 2025
Next review: September 2028**

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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

East Morton CE 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 East Morton CE Primary relating to the implementation of this policy:

The Local Governing Body is responsible for approving, reviewing and monitoring this policy to ensure that the East Morton CE Primary 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 East Morton CE Primary, 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.

East Morton CE Primary 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

East Morton CE Primary 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 East Morton CE Primary packed lunch policy.

6.2 Celebrations and Special Occasions

East Morton CE Primary 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

East Morton CE Primary is compliant with [Food Standards Agency requirements](#) in relation to food safety and hygiene management.

Our catering is outsourced to the BDAT centrally procured provider (FM Catering) and assurances in this regard are part of the contractual arrangement with oversight at both Trust and school level.



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

East Morton CE Primary 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

East Morton CE Primary 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

East Morton CE Primary 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.



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 East Morton CE Primary.

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



Appendix One: East Morton CE Primary EYFS Meal and Snack Time Arrangements

East Morton CE Primary 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 Emma Petts Inclusion Lead 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 7.30am and 8.40am. Places must be pre-booked using School Gateway at a cost of £5 per session.

The food provided at breakfast club includes:

- Bran flakes
- Weetabix
- Cornflakes
- Rice Krispies
- Porridge
- Fromage Frais/Yoghurt
- Shreddies
- Tinned fruit
- Toasted – Crumpets/ Muffins / bread
- Bagels – cinnamon & raisin / plain
- Hot cross buns/ fruit tea cakes / fruit loaf
- Lemon curd/ Jam
- Margarine
- Semi-skimmed milk
- Fruit juice – apple /orange
- Water
- Beans on toast
- Cheese toasties

EYFS Food Provision – Lunch

School meals are provided by FM Catering and served between 12pm and 1pm in the dining hall. Our school meals meet the standards set out in [The School Food Standards](#).

Menus are planned on a 3 week cycle and are communicated to families via our website and the school newsletter. 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. A piece of fresh fruit will be provided during the morning session – typically around 10.30am.

EYFS Food Provision – After School

We run a daily after school club for pupils between 3.15pm and 5.30pm. Places must be pre-booked using School Gateway at a cost of £8.50 per session.

The food provided at after school club includes:

Bagels – plain or cinnamon & raisin
Fruit Loaf
Bread – sliced / pitta / wraps
Sliced cheese / soft cheese
Jam
Lemon Curd
Margarine
Water or juice
Milk
Rice cakes
Fresh fruit (seasonal)
Salad (seasonal e.g. carrots, cucumber)
Raisins / sultanas
Fromage Frais/Yoghurt
Pizza Fridays



Appendix Two: East Morton CE Primary Packed Lunch Policy

East Morton CE Primary 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 e.g. Nutella

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

Appendix Three: East Morton CE Primary Sample Menus

Homemade bread, selection of seasonal vegetables or fresh salad served daily East Morton C of E Primary School Wk 1 - 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul, 1st Sep, 22nd Sep, 13th Oct Wk 2 - 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul, 8th Sep, 29th Sep, 20th Oct Wk 3 - 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul, 15th Sep, 6th Oct, 27th Oct							
	MON	TUES	WED	THUR	FRI		
WEEK 1	Cheese Fian (Served with Paprika Potatoes, Seasonal Vegetables or Salad) Fajita Pasta Bake (Served with Crusty Bread, Salad or Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Apple Cake (Baked with Apples, with Blended Apples & Topped with Icing Sugar) Freshly Prepared Fruit	Meat Lasagne (Served with Garlic Bread & Salad) Halal Meat Lasagne (Served with Garlic Bread & Salad) Quorn Meatballs (Served with Rice & Salad) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Flapjack Freshly Prepared Fruit	Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Veggie Mince Shepherds Pie (Served with Yorkshire Pudding & Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Cornflake Tart (Served with Custard) Freshly Prepared Fruit	Cheese & Tomato Pizza (Served with Chips & Beans or Salad) Mini Meatless Ball Pizza (Served with Chips, Baked Beans or Salad) Assorted Jacket Potatoes Selection of Sandwiches Marble Sponge (Served with Chocolate Sauce) Freshly Prepared Fruit	Southern Fried Chicken Goujons (Served with Jacket Wedges, Salad or Seasonal Vegetables) MSC Battered Fish (Served with Jacket Wedges, Salad or Vegetables) Vegetable Dippers (Served with Ketchup, Jacket Wedges, Salad or Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches Ice Cream Tubs Freshly Prepared Fruit		
	WEEK 2	Cheese & Tomato Pinwheel (Served with Seasoned Potatoes & Salad or Seasonal Vegetables) Bombay Veg Biryani (Curried Vegetables & Rice served with Naan Bread & Salad) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Chocolate Crispy Crunch Freshly Prepared Fruit	Spaghetti Bolognese (Spaghetti Bolognese, served with Garlic Bread & Salad) Halal Spaghetti Bolognese (Spaghetti Bolognese served with Garlic Bread & Salad) Arrabiata Pasta (Served with Crusty Bread & Salad) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Volcano Buns (A Sponge-like Biscuit with a Jam / Lemon Filling) Freshly Prepared Fruit	Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Quorn Roast (Served with Yorkshire Pudding & Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Old School Sponge Cake (Served with Custard) Freshly Prepared Fruit	Cheese & Tomato Pizza (Served with Chips & Beans or Salad) Savoury Rolls (Served with Chips & Salad or Beans) Assorted Jacket Potatoes Selection of Sandwiches Chocolate Sponge (Served with Chocolate Sauce) Freshly Prepared Fruit	All Day Brunch (Traditional Breakfast items: Sausage, Egg, Toast & Beans) MSC Fish Fingers (Served with Jacket Wedges & Salad or Seasonal Vegetables) Quorn Sausage in a Bun (Served with Jacket Wedges & Salad) Assorted Jacket Potatoes Selection of Sandwiches Oat Cookie Freshly Prepared Fruit	
		WEEK 3	Mac & Cheese (Served with Crusty / Garlic Bread & Salad) Veg Jambalaya (Seasoned Vegetables & Rice, served with Crusty Bread & Salad) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Jam Sponge (Baked with Custard) Freshly Prepared Fruit	Chicken Pie (Served with Seasoned Potatoes & Seasonal Vegetables) Halal Keema & Peas (Served with Pilau Rice & Salad) Cheese Roll (Served with Seasoned Potatoes & Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Fruity Flapjack Freshly Prepared Fruit	Beef Burger in a Bun (Served in a Bun with Jacket Wedges & Salad) Halal Beef Burger in a Bun (Served in a Bun, with Jacket Wedges & Salad) Quorn Burger in a Bun (Served with Jacket Wedges & Salad) Assorted Jacket Potatoes Selection of Sandwiches Hot Sub Roll Fruit Jelly (Fruit Jelly topped with Cream) Freshly Prepared Fruit	Cheesy Beef Taco Pasta (Served with a side Salad) Cheese & Tomato Pizza (Served with Chips & Beans or Salad) Loaded Vegetable Pizza (Served with Chips & Salad) Assorted Jacket Potatoes Selection of Sandwiches Chocolate Sponge (Served with Chocolate Sauce) Freshly Prepared Fruit	MSC Fish Fingers (Served with Creamed Potatoes & Seasonal Vegetables) MSC Salmon & Sweet Potato Fishcake (Served with Creamed Potatoes & Seasonal Vegetables) Breaded Cheese & Vegetable Grill (Served in a Bun with Salad & Optional Coleslaw) Assorted Jacket Potatoes Selection of Sandwiches Vanilla Cookie Freshly Prepared Fruit

food quarter

For full allergen & nutritional information head to our app

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Appendix Four: Individual Pupil Dietary Requirements Tracker Template

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