



Truro and Penwith
Academy Trust

EYFS Food, Nutrition and Safer Eating Procedures 2026-2027

Applicable To: All TPAT nurseries, preschool settings and EYFS provisions providing food, drinks, snacks or infant feeding.

These procedures should be read in conjunction with the TPAT **EYFS Food, Nutrition and Safer Eating Policy** and **TPAT EYFS Safe Food Handling and Hygiene Guidance** and **DFE EYFS Nutrition Guidance (May 2025)**

Appendix 1: Nutrition and Healthy Eating Procedure

1. Purpose

This procedure sets out the Trust's expectations for the planning, provision and promotion of healthy, balanced and nutritious food and drink across all EYFS settings. It supports implementation of the EYFS Food, Nutrition and Safer Eating Policy and the EYFS Nutrition Guidance.

The procedure aims to:

- promote children's health, wellbeing and development;
- establish positive lifelong relationships with food;
- ensure meals, snacks and drinks are healthy, balanced and nutritious;
- support inclusive provision that meets individual needs; and
- provide a consistent approach across all TPAT EYFS settings.

2. Nutritional Principles

All settings will:

- provide healthy, balanced and nutritious meals, snacks and drinks;
- have regard to the current EYFS Nutrition Guidance and any subsequent government guidance;
- offer a variety of foods from across the main food groups;
- provide regular opportunities for children to eat fruit and vegetables;
- include appropriate sources of protein, starchy carbohydrates and healthy fats;
- limit foods and drinks high in sugar, salt and saturated fat;
- avoid routinely offering confectionery, sugary desserts or sugary drinks;
- ensure food provision is suitable for children's age, stage of development and individual needs;
- promote positive attitudes towards healthy eating; and
- recognise that eating patterns established in early childhood can affect lifelong health and wellbeing.

3. Drinks Provision

Settings will ensure that:

- fresh drinking water is available and accessible throughout the day;
- water is the primary drink offered to children;
- milk is available where appropriate and in line with current guidance;

- sugary drinks, energy drinks and similar products are not routinely provided;
- drinks provided for babies and young children align with individual feeding plans and current guidance; and
- drinking water is offered regularly throughout the day, including during outdoor play and periods of warm weather.

4. Meals and Snacks

Where food is provided, settings will ensure that:

- meals and snacks are planned to provide balanced nutrition across the day;
- snacks contribute positively to children's nutritional intake;
- food is presented in an appealing and age-appropriate manner;
- portion sizes are appropriate to children's developmental stage;
- children have sufficient time to eat without being rushed;
- food is never withheld as a sanction;
- food is not routinely used as a reward for behaviour or achievement; and
- dietary requirements are consistently accommodated.

5. Menu Planning

Settings providing meals and snacks will:

- plan menus in advance;
- regularly review menus to ensure they remain nutritionally balanced and aligned with current EYFS Nutrition Guidance;
- consider variety, seasonality and cultural inclusivity;
- ensure menus meet the needs of children with allergies, medical conditions or special dietary requirements;
- minimise the routine provision of highly processed foods;
- provide opportunities for children to experience a wide range of healthy foods and flavours; and
- retain menu records in accordance with local procedures.

Menus should reflect current EYFS Nutrition Guidance and support children's nutritional needs across the week rather than focusing solely on individual meals.

6. Positive Mealtime Experiences

Mealtimes should be viewed as an important part of children's learning and wellbeing.

Staff will:

- create calm, welcoming and inclusive mealtime environments;
- sit with children where appropriate and engage positively during meals and snacks;
- model healthy eating behaviours;
- encourage independence appropriate to each child's age and stage of development;
- support children to serve themselves where appropriate;
- respect children's appetite and emerging food preferences;
- avoid pressuring children to eat, finish meals or try foods;
- use positive language about food; and
- promote social interaction and conversation during mealtimes.

7. Food Learning and Healthy Lifestyles

Settings will help children develop a positive relationship with food by:

- providing opportunities to explore a range of foods, tastes, textures and smells;
- incorporating food, cooking and nutrition experiences into the curriculum where appropriate;
- discussing healthy lifestyles in an age-appropriate way;
- encouraging curiosity about where food comes from;
- promoting oral health messages alongside healthy eating; and
- encouraging appropriate self-care skills linked to eating and drinking.

8. Meeting Individual Needs

Settings will ensure that food provision is inclusive and responsive to individual needs.

This includes consideration of:

- allergies and intolerances;
- medical conditions;
- religious requirements;
- cultural preferences;
- SEND-related needs;
- developmental readiness for eating and drinking;
- feeding difficulties; and
- specialist dietary advice from health professionals.

Reasonable adjustments will be made to enable children to participate safely and fully in meals and snacks.

Food and drink provision will be planned and delivered with regard to each child's developmental stage, feeding skills, medical needs, allergy requirements, individual healthcare plans and feeding plans where applicable.

9. Partnership with Parents and Carers

Settings will work in partnership with parents and carers by:

- gathering information about children's dietary needs before admission;
- sharing relevant information regarding menus and food provision;
- discussing feeding arrangements for babies and young children;
- maintaining regular communication regarding allergies, intolerances and dietary changes;
- supporting consistency between home and nursery where appropriate;
- providing information about healthy eating and oral health when relevant; and
- signposting families to appropriate health or support services where concerns about nutrition arise.

10. Monitoring and Quality Assurance

Headteachers and Nursery Managers will ensure that:

- menus are reviewed at least termly to assess nutritional quality and compliance with current EYFS Nutrition Guidance;
- food provision aligns with this procedure and current guidance;
- food preparation, food provision, safer eating arrangements and allergy controls are routinely monitored to ensure statutory guidance and individual care plans are implemented consistently;
- staff understand their responsibilities in relation to healthy eating and nutrition;
- findings from audits, observations and reviews inform continuous improvement;
- concerns relating to food provision are addressed promptly; and
- compliance is monitored through the Trust's quality assurance arrangements.

Nutritional provision may be reviewed alongside allergy management, safer eating, oral health promotion and food safety arrangements as part of routine safeguarding and wellbeing monitoring.

Appendix 2: Allergy Management Procedure

1. Purpose

To ensure all children with food allergies, intolerances or special dietary requirements are safely supported and protected from preventable harm. The EYFS requires providers to obtain information about allergies before admission, maintain allergy action plans where required and ensure all relevant staff are informed.

2. Admission Arrangements

Before a child starts nursery:

- Parents/carers must provide details of any allergy, intolerance or dietary requirement.
- Medical evidence may be requested where appropriate.
- Emergency medication requirements must be identified.
- An individual Allergy Action Plan will be completed where required.

3. Allergy Information

Each setting will maintain:

- An Allergy Register.
- Individual healthcare/allergy plans.
- Up-to-date records of emergency contacts.
- Details of prescribed emergency medication.

All relevant allergy information must be communicated to staff involved in preparing, handling and serving food and to staff supervising children during meals and snacks.

Emergency allergy medication must be readily accessible at all times and must not be stored in a manner that could delay treatment. Arrangements for storage and access will be clearly identified within the child's Allergy Action Plan and/or Individual Healthcare Plan. Emergency medication will accompany children on outdoor learning activities, educational visits and any off-site provision.

Allergy Action Plans will be developed, implemented and reviewed in partnership with parents/carers and, where appropriate, relevant health professionals. Plans will clearly identify the child's allergy or intolerance, signs and symptoms, dietary requirements, preventative measures, emergency medication and actions to be taken in the event of an allergic reaction. Plans will be reviewed regularly and whenever there is a change in the child's needs, medical advice or treatment.

4. Food Preparation

Staff must:

- Follow allergen control procedures.
- Minimise risks of cross-contamination.
- Check ingredients and allergen information.
- Ensure allergy meals are clearly identified.

Staff responsible for preparing, handling or serving food must have access to relevant allergy, healthcare and feeding plans and ensure food provision reflects the requirements identified within those plans.

5. Emergency Response

If an allergic reaction is suspected:

1. Follow the child's Allergy Action Plan.
2. Where prescribed, staff will administer an adrenaline auto-injector (AAI) in accordance with the child's Allergy Action Plan and training received.
3. Call emergency services if required.
4. Inform parents/carers immediately.
5. Complete an incident record.

6. Staff Training

All staff must receive:

- Allergy awareness training.
- Recognition of allergic reactions.
- Anaphylaxis awareness.
- Induction on site-specific allergy procedures.

All staff must understand the signs and symptoms of allergies and anaphylaxis, the differences between allergies and intolerances, and that children can develop allergies at any time.

7. Food Handler Competence

Headteachers and Nursery Managers will ensure that all staff responsible for preparing, handling or serving food are competent to carry out these duties safely. This will include appropriate induction, food hygiene training, supervision and ongoing monitoring of practice. Staff must have access to

relevant information relating to allergies, dietary requirements, feeding plans and healthcare plans where these affect food preparation, handling or provision.

Appendix 3: Safer Eating and Choking Prevention Procedure

1. Purpose

This procedure outlines the measures taken across TPAT settings to reduce the risk of choking and promote safe eating practices.

The Trust recognises that babies and young children are at increased risk of choking due to their developing chewing and swallowing skills, developmental stage and natural curiosity. Effective supervision, appropriate food preparation and partnership with parents are essential to reducing these risks.

2. Key Principles

TPAT settings will:

- Promote positive and safe eating experiences.
- Ensure food is prepared appropriately for each child's developmental stage.
- Maintain active supervision during all meals and snacks.
- Work in partnership with parents and carers regarding feeding and weaning.
- Minimise choking risks associated with food, toys, resources and other objects.
- Ensure staff understand their responsibilities in relation to choking prevention and response.

3. Supervision During Meals and Snacks

Children must be actively supervised whilst eating and drinking.

Staff will:

- In nurseries, be sat at the children's level facing them while they are eating.
- Remain within sight and hearing of children at all times during meals and snacks.
- Position themselves to observe children effectively whilst eating at all times.
- Encourage children to remain seated whilst eating and drinking.
- Discourage food sharing.
- Provide children with sufficient time to eat without being rushed.
- Support children to develop safe eating habits and independence.

A member of staff holding a valid paediatric first aid certificate must always be present where children are eating.

4. Meal and Snack Time Checks

At each meal and snack time, a designated member of staff will be responsible for checking that the food and drink provided meet the individual dietary, allergy, medical and feeding requirements of every child before being served. Relevant allergy registers, allergy action plans, healthcare plans and feeding plans must be followed at all times

5. Seating and Mealtime Environment

Children will be seated safely using furniture appropriate to their age, size and stage of development.

Where possible:

- Meals and snacks will take place in designated eating areas.
- Distractions will be minimised.
- Mealtimes will be calm, social and well supervised.
- Staff will model safe eating behaviours.

Babies and young toddlers must be seated securely in suitable highchairs or appropriately sized low chairs whilst eating.

6. Food Preparation and Texture

Food must be prepared appropriately for each child's individual developmental needs.

Staff will:

- Have ongoing discussions with parents and carers regarding children's feeding stages and food textures.
- Avoid making assumptions based solely on a child's age.
- Modify food textures where required.
- Ensure foods are cut, sliced or prepared appropriately to reduce choking risks.
- Support children to progress through developmental stages of eating at a pace appropriate to the individual child.

7. High-Risk Foods

Particular care must be taken when preparing and serving foods known to present a higher choking risk. Food must be prepared appropriately for each child's age, stage of development, feeding skills and individual needs. Staff will ensure that:

- grapes, strawberries and cherry tomatoes are cut lengthways and into quarters;

- stones and pips are removed from fruit before serving;
- large fruits, such as melon, are cut into appropriate slices;
- raw apple and raw carrot are grated, softened, cooked or cut into appropriate slices to reduce choking risks;
- sausages are cut into thin strips rather than chunks and skins are removed where appropriate;
- bones are removed from meat and fish before serving;
- cheese is cut into strips rather than chunks for younger children;
- whole nuts and whole seeds are not provided;
- popcorn, marshmallows, raw jelly cubes and hard sweets are not provided; and
- foods are prepared in accordance with current safer eating guidance and the individual developmental needs of children.

8. Babies, Weaning and Developmental Readiness

For babies and young children:

- Feeding arrangements will be agreed with parents and carers.
- Ongoing discussions will take place regarding the introduction of solid foods.
- Staff will understand the textures and foods a child is familiar with.
- Food and drink provided will reflect the child's individual developmental readiness rather than their age alone.
- Safe weaning practices will be promoted in line with current NHS and government guidance.

9. Children with Swallowing Difficulties or Additional Needs

Where a child has:

- Swallowing difficulties.
- Feeding difficulties.
- A medical condition affecting eating or drinking.
- Additional needs that increase choking risk.

An individual risk assessment and feeding plan will be developed in partnership with parents, carers and relevant professionals.

The plan will identify:

- Appropriate food textures.
- Supervision arrangements.
- Positioning requirements.
- Required adaptations.
- Emergency arrangements where necessary.

Plans will be reviewed regularly and whenever needs change.

10. Environmental Choking Hazards

The risk of choking extends beyond food.

Staff will minimise risks by:

- Conducting daily safety checks.
- Monitoring resources for damage.
- Ensuring small objects are not accessible to children where inappropriate.
- Supervising activities involving loose parts, craft materials or small components.
- Considering choking risks when planning activities and environments.
- Maintaining effective supervision during indoor and outdoor play.

11. Choking Incidents and Near Misses

Where a choking incident occurs:

- Staff will respond in accordance with their paediatric first aid training and emergency procedures;
- Parents/carers will be informed;
- An incident record will be completed;
- Where appropriate, risk assessments, feeding plans and care plans will be reviewed

Where a choking incident requires staff intervention, including back blows or other first aid measures, the details of the incident, the food involved and the action taken will be recorded. Parents/carers will be informed of the incident.

Leaders will review choking incidents and near misses periodically to identify patterns, recurring risks, lessons learned and any improvements required to food preparation, supervision arrangements or safer eating practice. Findings will inform staff training, risk assessment review and any necessary changes to practice.

12. Monitoring and Review

Headteachers and Nursery Managers will:

- Monitor compliance with this procedure.
- Review any choking incidents or near misses.
- Identify patterns and emerging risks.
- Ensure staff training remains current.
- Implement actions to reduce identified risks.

Appendix 4: Food Safety and Hygiene Procedure

1. Food Hygiene Standards

The nursery will comply with:

- Food Safety Act requirements.
- Environmental Health requirements.
- EYFS food safety requirements.

Food Preparation Facilities

Settings will ensure that suitable facilities are available for the hygienic preparation, storage and serving of food and drinks. Where babies are cared for, appropriate facilities and equipment will be available for the safe preparation of feeds and the cleaning and sterilisation of feeding equipment, bottles and feeding utensils. Facilities will be maintained in a clean and hygienic condition and used in accordance with current food safety and infection prevention requirements.

2. Personal Hygiene

Staff handling food must:

- Wash hands thoroughly.
- Wear suitable protective clothing where required.
- Cover cuts and wounds appropriately.
- Follow illness exclusion requirements.

3. Food Storage

Food must:

- Be stored at appropriate temperatures.
- Be appropriately labelled.
- Be protected from contamination.
- Be checked regularly for expiry dates.
- Be stored, refrigerated, prepared and served in accordance with current food safety legislation, Environmental Health requirements and local catering procedures.

4. Cleaning

The setting will maintain:

- Daily cleaning schedules.
- Equipment cleaning records.
- Kitchen hygiene checks where appropriate.

5. Training

All staff involved in preparing and handling food must receive food hygiene training and refresher training as required.

6. Food Poisoning

Any suspected food poisoning outbreak will be:

- Reported immediately to the Headteacher/Nursery Manager.
- Managed in accordance with UK Health Security Agency advice.
- Food poisoning affecting two or more children will be reported to Ofsted and other relevant authorities in accordance with statutory requirements.

Appendix 5: Infant Feeding and Weaning Procedure

1. Principles

The Trust recognises that feeding arrangements for babies must be individualised and planned in partnership with parents.

2. Nutritional Expectations by Age and Stage

Age/Stage	Expectation
Birth–12 months	Individual feeding plans agreed with parents and reviewed regularly.
Breastfed babies	Breastfeeding and expressed breast milk supported and managed safely.
Formula-fed babies	Formula prepared and stored in accordance with current guidance.
Weaning stage	Ongoing discussions with parents. Foods and textures matched to developmental readiness rather than age.
Children aged 1–5 years	Healthy, balanced and nutritious meals, snacks and drinks provided in line with current EYFS nutrition guidance.
Children with special dietary needs	Individual arrangements implemented and regularly reviewed.

2. Breastfeeding

Settings will:

- Support breastfeeding parents.
- Facilitate the storage of expressed breast milk.
- Clearly label and safely store expressed milk.

3. Formula Feeding

Staff will:

- Follow manufacturer instructions.
- Prepare feeds hygienically.
- Record feeds where appropriate.

4. Introduction of Solids

Staff will:

- Discuss weaning with parents.
- Follow NHS and current guidance.
- Introduce textures according to individual developmental readiness rather than age alone.

5. Individual Feeding Plans

Babies may require:

- Feeding schedules.
- Bottle preparation guidance.
- Medical feeding plans.
- Texture progression plans.

Appendix 6: Special Diets Procedure

1. Purpose

To ensure all children can safely access meals and snacks regardless of:

- Medical need.
- Religion.
- Culture.
- Family preference.
- SEND-related requirements.

2. Assessment

Parents/carers will complete a dietary information form.

3. Planning

The setting will:

- Make reasonable adjustments.
- Discuss menu adaptations with families.
- Seek professional advice where required.

4. Monitoring

Special diets will be reviewed:

- At least annually.
- Following any significant change.
- Whenever concerns arise.

Appendix 7: Food Brought from Home Procedure

1. Packed Lunches

Parents are encouraged to provide healthy packed lunches that support children's wellbeing.

The setting reserves the right to:

- Restrict foods presenting significant allergy risks.
- Request alternative options where safety concerns arise.

2. Drinks

Children should bring:

- Water only, unless otherwise agreed.

Sugary drinks should not be brought into nursery.

3. Celebration Foods

To reduce risk and promote equity:

- Families should not routinely bring food for distribution to other children.
- Alternative approaches to celebrating birthdays and achievements are encouraged.

4. Allergy Controls

Where food is brought from home:

- Staff will be vigilant regarding allergies.
- Food sharing will not be permitted.

Appendix 8: EYFS Food, Nutrition and Safer Eating Audit Tool

School/Nursery: _____

Completed by: _____

Date: _____

RAG Rating Key:

FS- Fully Secure | PS- Partially Secure | AR- Action Required

Area	Audit Question	RAG	Evidence/Comments	Actions Required
Policy & Procedures	Current Food, Nutrition and Safer Eating Policy in place and understood by staff.			
Staff Training	Staff have received food safety, allergy and safer eating/choking awareness training.			
Paediatric First Aid	At least one paediatric first aider is present during all meal and snack times.			
Healthy Eating	Meals and snacks align with nutritional expectations and EYFS nutrition guidance.			
Drinks	Fresh drinking water is available throughout the day.			
Menu Planning	Menus are reviewed and evaluated against the EYFS Nutrition Guidance.			
Mealtime Practice	Staff promote positive mealtimes and do not pressure children to eat.			
Nutrition Education	Children are provided with opportunities to explore healthy food and nutrition.			

Oral Health	Provision promotes healthy teeth and limits sugary foods and drinks.			
Allergies	Up-to-date allergy register is maintained and accessible.			
Allergy Plans	Individual allergy action plans are in place where required.			
Allergy Communication	Allergy information has been shared with all staff involved in preparing, handling and serving food.			
Special Diets	Dietary requirements, religious and cultural needs are met safely.			
Food Preparation	Food is stored, prepared and served safely and staff responsible for food handling are appropriately trained and competent.			
Food Provision Monitoring	Leaders routinely monitor food preparation, food provision and safer eating practice.			
Individual Care Plans	Food provision reflects children's healthcare, allergy and feeding plans.			
Choking Prevention	Staff follow safer eating guidance and age-appropriate food preparation.			
Supervision	Children are appropriately supervised during meals and snacks.			
Mealtime checks	A designated member of staff checks the children's dietary, allergy, medical and feeding requirements before food is served.			
Infant Feeding	Feeding plans for babies are current and reviewed with parents.			
Weaning	Food textures are matched to individual developmental readiness.			

Food Brought from Home	Procedures for packed lunches and celebration food are consistently followed.			
Communication	Parents are informed about menus, allergies and dietary arrangements.			
Record Keeping	Choking incidents, allergy incidents and dietary concerns are recorded appropriately.			
Monitoring	Leaders have reviewed incidents, near misses and any emerging patterns.			
Near Miss Review	Leaders review food-related incidents and near misses and identify any improvements required.			

Summary Evaluation

Strengths

- _____
- _____
- _____

Areas for Development

- _____
- _____
- _____

Overall Judgement

- ☐ Fully Secure
- ☐ Secure with Minor Actions
- ☐ Improvement Required

Priority Actions

Action	Lead	Completion Date

