



Charitable Incorporated organisation No: 1206270
Ofsted No: 2804811

03 Food safety and nutrition procedures

03.4 Menu planning and nutrition

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified on menus. Dietary guidance to promote health and reduce risk of disease is followed. When planning menus, the setting manager and cook ensure that:

- Snack menus reflect cultural backgrounds, religious restrictions and food preferences of some ethnic groups.
- Foods that contain any of the 14 major allergens are identified and is displayed for parents/carers.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents/carers.
- We display current information within the setting about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We plan menus in advance, each menu references "Natasha's law" for staff and parents' guidance.
- We inform parents what snack provided via their induction pack.
- We provide nutritious food during snack time, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide an option of milk and water at snack time, children have access to drinking water throughout the day.
- Staff refer to [Eat Better, Start Better - Foundation Years](#). (Action for Children 2017) and the EYFS nutrition guidance 2025.

Packed lunches

Where children have packed lunches, staff promote healthy eating, ensuring that parents/carers are given advice and information about what is appropriate content for a child's lunch box. Parents/carers are also advised to take measures to ensure children's lunch box contents do not contain foods that are high in sugar, salt or saturated fats, e.g. chocolate, crisps, yoghurts that are high in sugar. Parents are sign posted



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to the EYFS nutrition guidance 2025, Eat well guide colour addition and a healthy balanced diet for children document.

Celebrations and festivals

- The nursery will celebrate key cultural and religious events, including Christmas and Easter. As part of these festivities, the nursery will provide party food that reflects our commitment to promoting healthy eating habits. All food offered will be nutritious balanced, and in line with our healthy eating policy and any dietary requirements of the children.
- At Easter, each child will be sent home with an Easter egg as part of the celebration. Consideration will be given to any dietary restrictions or allergies to ensure all children are included safely.