



Leigh Academy
Hundred of Hoo

**Leigh Academy Hundred of Hoo
Food and Nutrition Policy (EYFS)**

Document Title:	LAHoH EYFS Food and Nutrition Policy
Policy Status:	Approved by Principal
Date of Issue:	September 2025
Date to be Revised:	September 2026

1. Purpose

At Leigh Academy Hundred of Hoo, we are committed to supporting children's health and wellbeing by promoting a positive, safe and consistent approach to food and nutrition.

This policy sets out our approach to:

- Meals and snacks
- Packed lunches
- Birthdays and celebrations
- Food safety, allergies, and cultural/religious needs

2. Principles

All children are entitled to a healthy, balanced diet that supports growth, development, and learning.

- Mealtimes are social, relaxed and inclusive.
- Food is never used as a reward or punishment.
- Staff act as positive role models by modelling healthy choices.

3. Meals & Snacks

- We provide healthy snacks (fruit, vegetables, toast, milk or water).
- Drinks are limited to plain water or milk – no squash, juice or fizzy drinks.
- We encourage children to try new foods but never pressure them to eat.

4. Packed Lunches

Parents are encouraged to provide a balanced lunchbox including:

- Fruit/vegetables
- Starchy food (bread, rice, pasta, potatoes)
- Protein (meat, fish, eggs, beans, pulses)
- Dairy or alternatives (yoghurt, cheese slices, milk, fortified alternatives)
- Foods we ask families to avoid:
 - Sweets, chocolate bars, sugary yoghurts, biscuits
 - Fizzy or sweetened drinks
 - Choking hazards (whole grapes, cherry tomatoes, cheese cubes, popcorn, whole nuts)

If a child's lunch regularly contains unsuitable items, staff will discuss this privately with parents, never in front of children.

5. Birthdays & Celebrations

- We celebrate birthdays in fun, inclusive ways (cards, singing, games).
- To support healthy eating, we encourage families to contribute non-food items (stickers, a book for the class, bubbles) to the class if they wish to help celebrate their child's birthday.
- Cultural and religious food traditions will be respected and included where safe and appropriate.

6. Allergies & Special Diets

- Parents must inform us of all allergies, intolerances and dietary needs.
- All allergy information is shared with staff and displayed in food preparation areas.
- We take strict care to avoid cross-contamination.
- Staff are trained in allergy awareness and emergency procedures (e.g. use of EpiPens).
- Our academy is a strictly nut-free school.

7. Safeguarding & Equality

- All children have the right to safe, appropriate food that respects their health, culture and family preferences.
- We do not allow food-based teasing or comparisons between lunchboxes.
- Staff never comment negatively on a child's food in front of them.

8. Monitoring & Review

- This policy will be reviewed annually with input from staff and parents.
- We will update it in line with EYFS guidance and public health recommendations.
- Together, we will create a positive food culture, supporting children to develop healthy eating habits for life.