



Early Years Foundation Stage Nutrition Policy

Berkeley Primary School

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Berkeley Primary School Nursery and Reception follow the legal requirements of the Early Years Foundation Stage Statutory Framework. From September 2025, this states that providers must also have regard to the [Early Years Foundation Stage Nutrition Guidance](#). We take this guidance into account and follow it. We know that the early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health.

We want to ensure that we provide healthy, balanced and nutritious food so that children:

- Get the right amount of nutrients and energy they need while they are growing rapidly, which is especially important for children who might not have access to healthy food at home. This can help prevent children from becoming overweight or obese.
- Develop positive eating habits early on. Children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

We have children aged 3 to 5 in our Early Years Foundation Stage (Nursery and Reception). We encourage children to eat a balanced diet containing a wide variety of foods. All children in Reception are entitled to a free school dinner, provided by [Chartwells](#) (Universal Free School Meal paid by the Government in Reception, Year 1 & 2). Children in Nursery can have a school dinner, provided by Chartwells, this must be paid for unless entitled to Free School Meals which is benefit related. Both Nursery and Reception can bring a packed lunch from home. The Chartwells approach to nutrition meets the School Food Standards. Further information and Chartwells Food Policy Statement can be viewed by clicking [here](#).

Children eat together in the school hall. This encourages them to try foods that they may not try at home. We often find that children are more adventurous with food at school because they see their peers eating things they would not normally try.

We collect information about health needs, allergies, intolerances and cultural / religious needs from parents and carers before children start school. As appropriate, medical plans are created and information is shared with Chartwells. More information about Chartwells approach to allergies can be found [here](#). Information about Chartwells approach to medical diets can also be viewed [here](#). We and Chartwells also have regard to the risk of [choking](#) for young children and, for example, Chartwells do not serve sausages to Nursery aged children.

We know that the most common dietary requirements in early years are:

- Food allergies: Allergies to foods can cause serious reactions, including death.
- Food intolerances: Food intolerances often cause stomach pain and discomfort.
- Vegetarianism: A vegetarian won't eat meat of any kind, including fish. They also won't eat by-products of animal slaughter, such as gelatine. Most people who choose to be vegetarian do so for religious, health or moral reasons.
- Veganism or eating a plant-based diet: A vegan is someone who eats a diet based on plants (such as vegetables, grains, legumes, nuts, seeds and fruits) and foods made from plants. Vegans don't eat foods derived wholly or partially from animals (such as meat, fish, eggs and honey). Some people refer to this as eating a plant-based diet.
- Pescetarianism: A pescetarian avoids meat but eats fish and seafood. They may also consume dairy and eggs. People choose this diet for health, environmental, or ethical reasons, believing fish is a more sustainable or ethical option than other meats.



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- Religious preferences: Some religions or faiths have strict dietary requirements. Although eating certain foods won't physically harm children, it is vital to respect their religious and cultural beliefs. Religious dietary requirements include (but are not limited to): only eating halal foods, avoiding pork or beef, keeping kosher, eating specific foods only on certain days.

School dinner menus are changed twice a year and are shared with parents and carers. They work on a three week rotation so children are exposed to a wide variety of meals over time. There are many choices available each day, these include two hot options (one is always vegetarian), jacket potatoes, pasta and various sandwich options. All meet the Food Standards.

Throughout the school day, including at lunch time, we provide fresh water for children. Once per day, children in Nursery and Reception are offered a cup of fresh milk and a fruit snack (fruit is provided by the Government scheme).

We have developed a [parent information leaflet](#) which sets out what we offer and do in school to support good nutrition and healthy eating. This offers suggestions for parents to follow, for example if their child is in Nursery and Reception and they are providing a packed lunch from home. We share this leaflet before children start at our school as part of our induction sessions and induction packs. It also includes information on how to prepare food to prevent choking and how to pack food so that it can be safely stored out of fridges.

We are also clear within this leaflet that we **do not allow nuts or products containing nuts** to come into school as part of packed lunches or snacks.

School lunchtime supervisors have up to date paediatric first aid qualifications and are provided with information about children's allergies, medical diets or other dietary requirements. There is adequate supervision within the lunch hall and at snack times, whenever children are eating.