

**BI-NUR-019 NURSERY NUTRITION AND MEALTIMES POLICY**

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Document approval			
Define the approval authorities for the document			
Document version	Document approved by	Position	Date
1.1	Nursery Management & staff team		11 June 2024
2	Danielle Hoyle	Chair of NMC	

Distribution			
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This policy should be assigned to the following groups; Please tick one box for each group.			
Group Name	Mandatory	Group Name	Mandatory
All Users	<input type="checkbox"/>	Heads of Department	<input type="checkbox"/>
Trustees	<input type="checkbox"/>	BCE Staff	<input type="checkbox"/>
Researcher (Wet)	<input type="checkbox"/>	Nursery	<input checked="" type="checkbox"/>
Researcher (Dry)	<input type="checkbox"/>	Visitors	<input checked="" type="checkbox"/>

BSU Staff	<input type="checkbox"/>	Credit Card Users	<input type="checkbox"/>
BSU Users	<input type="checkbox"/>	Ionising Radiation Users	<input type="checkbox"/>
Notes:			

## Associated policies, procedures and guidance

This policy should be read in conjunction with:

Allergy and Intolerance Policy

## 1. Nutrition

- 1.1. At Babraham Nursery we believe that mealtimes should be happy, social occasions for children and staff alike. As a setting we are committed to offering children a healthy, nutritious and balanced diet which meets each individual child's needs and requirements. We engage with all children in order to develop their knowledge and understanding and to promote the skills they need to make healthier lifestyle choices, in order to support each child's overall health and wellbeing.
- 1.2. Before joining Babraham Nursery parents must provide us with the details of any special dietary requirements, food allergies and intolerances that a child may have, and any special health requirements. For more information, please refer to the Allergy and Intolerance Policy.

## 2. Food and Drink

- 2.1. Babraham Nursery ensures:
  - A nutritiously balanced, healthy morning snack, lunch, afternoon snack and tea are offered to each child attending a full day at nursery.
  - Menus are planned in advance and align with the Early Years Foundation Stage (EYFS) nutrition guidance; they rotate on a two weekly basis and are changed three times per year. For more information please see [Early Years Foundation Stage nutrition guidance](#)
  - Each menu reflects cultural diversity and variation, incorporates seasonal produce and reflects children's preferences and input from families. Menus are clearly displayed, and copies are sent to all families via Blossom when menus are seasonally changed.
  - Each menu avoids large quantities of fat, sugar, salt and artificial additives, preservatives and colourings in accordance with the EYFS nutrition guidance. This means only unsweetened yoghurt, rice or custard will be offered in nursery.
  - There is always at least two differing products within a meal, presented separately for children to try. For instance, fruit and yoghurt, bolognaise with a side of vegetables and pasta served separately. Whilst we encourage all children to try all the meals, we recognise that not every child likes all foods; this means children have choice whilst eating.

- The quantities of food offered to children reflect the portion size appropriate to each child according to their age, as set out by the EYFS nutrition guidance.
- The setting does not allow parents to provide packed lunches, or foods from home.
- Fresh drinking water is always available and accessible, it is frequently offered, and intake is monitored. In hot weather children are encouraged to drink to keep themselves hydrated.
- Babies are encouraged to drink from free-flowing cups from six months and drinking from a bottle is discouraged from one year.
- Milk and water are always offered during snack times.
- Babraham Nursery supports each family with weaning their baby by providing a variety of purees and foods suitable for baby led weaning.
- Babraham Nursery avoids all recipes containing nuts.
- The nursery provides healthy, nutritious and portable food and drink for trips.
- Food is only purchased from reputable suppliers, who supply written evidence that they are an organisation fit to supply food.
- Babraham Nursery is registered with South Cambridgeshire Environmental Health Department and the current food rating is clearly displayed.
- All staff who prepare and handle food are competent to do so and have received food hygiene training, which is updated every three years.
- In the unlikely event of any food poisoning affecting two or more children on the premises, regardless of whether this may have arisen from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

### **3. Allergies and Special Diets**

#### **3.1. Babraham Nursery ensures:**

- Nursery can only provide a separate meal for those children with allergies, intolerances, religious or medical needs, unfortunately we do not have the facilities to provide for individual preferences.

**For more information, please refer to the Allergies and Intolerance policy.**

### **4. Staff Practice and Procedures**

#### **4.1. Babraham Nursery ensures:**

- A staff member with a valid paediatric first aid certificate will always be present within the room when children are eating. It is mandatory that all staff who are employed at Babraham Nursery are trained in paediatric first aid every 3 years.

The training includes the awareness of symptoms and treatments for allergies and anaphylaxis.

- Children are always in sight and hearing of a member of staff whilst eating. During mealtimes an adult will sit with the children at all times; where possible, our staff sit facing the children whilst they eat. All staff will refer to the dietary/allergy and intolerance list to minimise risks and ensure child safety. When appropriate staff will sensitively discuss with children about the potential risks of sharing foods.
- Food will be prepared in a suitable way for each child's developmental needs, working with families to move on to the next stage at a pace right for the child.
- We recognise that weaning is individual to the child and family. We have continuing conversations with our families with regards to weaning, beginning on the home visit, before the child starts nursery. We follow the child and parent, working with them on their baby's weaning journey, with the aim of the child being on the normal nursery menu (unless there are food allergies/intolerances or cultural requirements) by the time the child moves to the Caterpillar room.
- Food is prepared in a way to minimise the risk of choking. We follow the following guidance [Help for early years providers : Food safety](#) which includes information on how to prepare food.
- Babies in our Duckling room and toddlers in our Caterpillar room are always seated in low chairs with safety restraints or low highchairs when eating to promote safer eating. Children in Butterflies and Explorers sit in child sized chairs for meal and snack times.
- Staff set a good example during mealtimes by demonstrating and encouraging good table manners, and children are encouraged to say 'please' and 'thank you'. Children eat in designated spaces with distractions minimised.
- Mealtimes are organised to encourage social interaction and staff are expected to support children in developing their independence through making choices, feeding themselves and serving food. Children in Butterflies and Explorers serve themselves their own food at mealtimes, supported by the staff. They also clear their own crockery and cutlery to assist them develop their self-help skills and nurture their independence.
- Staff support children to make healthy food choices and encourage children to try a variety of foods from different cultural backgrounds.
- Cultural differences in eating habits are respected.
- Children not on special diets are encouraged to try their food. If a child becomes distressed about not liking a food it is removed without fuss.
- Withholding food is never used as a punishment and deserts will always be offered to children.
- Children must be given time to eat at their own pace and are not rushed.
- Staff promote positive attitudes to mealtimes and food through play opportunities and discussions.
- No child is ever left alone during mealtimes and when eating.

- Staff in Ducklings and Caterpillars provide parents with a daily Blossom diary of what their child has eaten, including snack and bottles (if they have bottles).
- Butterflies provides parents with a daily Blossom diary of what their child has eaten at lunch and tea on Blossom
- Any choking incident that requires intervention will be recorded within the child's accident record. Accident records are periodically reviewed across nursery to identify any trends or re-emerging concerns that require actions to be taken.

## 5. Special Occasions

- 5.1. Unfortunately, we are unable to accept foods into nursery that do not meet the EYFS nutrition guidance, such as cakes, to celebrate children's birthday or other achievements. Please speak to your child's room if you would like to celebrate a birthday or special occasion during the nursery day.

## 6. Breakfast Club

- 6.1. Babraham Nursery Breakfast Club is only for those children attending nursery and whose parents require an earlier start; either on an occasional or a permanent basis.
- 6.2. The Breakfast Club operates on Nursery opening dates from 8am - 8.45 a.m. Monday to Wednesday for 51 weeks of the year and is based in the Explorers room. The children are offered a breakfast comprising cereals, toast, milk, water, fruit and yoghurt. Children will need to arrive by 8.30 a.m. to receive a breakfast.
- 6.3. All children requesting to attend Breakfast Club must have completed a nursery registration form prior to the first time that the child attends. Parents are requested to make staff aware of any special dietary requirements on the booking form. A space is allocated, subject to availability and acceptance of booking, upon receipt of the booking form in advance.
- 6.4. The Nursery cannot guarantee that a space will be available without prior-booking due to the strict ratio requirements that we are legally obliged to adhere to.
- 6.5. During Breakfast Club, a senior member of Nursery staff will be within the building. The club will ensure normal ratios and staffing requirements are met at all times. The staff working with the children are responsible for organising and supervising breakfast and activities. Children will be signed into Breakfast Club using Blossom.
- 6.6. There is an additional cost for this 45 minute session; for which invoices will be issued by the Accounts department a month in arrears.

## 7. Further information

- 7.1. This policy was adopted by the staff team during a staff meeting on Thursday 28th January 2016 and regularly updated since. It was fully reviewed in August 2025, in line with the changes to the EYFS for September 2025.
- 7.2. Associated policies, procedures and guidance are listed on the cover sheet. The Policy Owner named on the cover sheet can be contacted with any queries.

