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## Nutrition, Healthy Eating and Safer Eating Policy and Procedures

### Introduction

At Putnoe Woods Preschool we have policies and procedures to promote healthy eating and aim to provide nutritious food to meet the children's individual dietary needs. We believe that mealtimes should be happy, social occasions for children and staff alike and promote shared, enjoyable, positive interactions at these times.

Putnoe Woods Preschool regards snack and mealtimes as an important part of our day and wish to develop positive eating habits from an early age. Promoting positive eating habits will have an impact on a child's long-term health including oral health and maintain a healthy weight. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using a variety of resources and materials and learning experiences that are incorporated into the preschool planning. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs and get the right nutrients that they need whilst they are growing.

Putnoe Woods Preschool will also ensure that multi cultural foods are included in meal planning to ensure that all children's ethnicity is catered for.

Putnoe Woods also seeks the advice and guidance from the Early Years Foundation Stage Nutrition Guidance 2025.

Our menus are designed to encourage children to try a variety of foods and are planned to include foods from the 4 main food groups. These are:

- Fruit and vegetables
- Potatoes, bread, rice, pasta and other starchy products
- Dairy and alternatives
- Beans, pulses, fish, eggs, meat and other proteins

We offer breakfast, lunch, snack and tea to the children. Our menus consist of a main dish and a starter, side dish or second dish. An example being:

- Main – Chinese Chicken Curry, Second Dish – Fruit
- Starter – Cucumber sticks, Main – Jollof Rice

We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and special dietary requirements.

### *Food and Drink*

*3.62 Where children are provided with meals, snacks, and drinks, these must be healthy, balanced and nutritious. To understand how to meet this requirement,*

*providers must have regard to the 'Early Years Foundation Stage nutrition guidance'. Fresh drinking water must always be available and accessible to children.*

### *The Statutory Framework for the Early Years Foundation Stage 2025*

#### Procedures

The staff at Putnoe Woods will ensure that we will follow these procedures to promote healthy eating in our setting. We will:

- Ensure that a balanced and healthy breakfast, midday meal, tea and an afternoon snack are provided for children attending a full day at the preschool
- Provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings
- Ensure fresh drinking water is always available and accessible. In hot weather staff will encourage children to drink more water to keep them hydrated
- Use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves
- Support children to make healthy choices and understand the need for healthy eating
- Encourage children to try new foods and to eat a small piece of everything
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children while allowing children the opportunity to request additional servings, supporting their natural ability to self-regulate their intake
- Promote positive attitudes to healthy eating through play opportunities and discussions
- Record how individual children have eaten and communicate this using the I Connect system

#### Safer Eating

*3.63 Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate*

*3.66 Providers must have ongoing discussions with parents and/or carers about the stage their child is at regarding introducing solid foods, including to understand the textures the child is familiar with. Assumptions must not be made based on age. Providers must prepare food in a suitable way for each child's individual developmental needs, working with parents and/or carers to help children move on to the next stage at a pace right for the child*

*3.67 Providers must prepare food in a way to prevent choking*

*3.68 Babies and young children should be seated safely in a highchair or appropriately sized low chair while eating. Where possible there should be a designated eating space where distractions are minimised*

*3.69 Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent; therefore, it is important for providers to be alert to when a child may be starting to choke. Where possible, providers should sit facing children whilst they eat, so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions*

### *The Statutory Framework for the Early Years Foundation Stage 2025*

The staff at Putnoe Woods will ensure that we will follow these procedures to promote safer eating in our setting. We will:

- Ensure children are never left alone when eating/drinking to minimise the risk of choking and staff are facing the children
- Ensure food is grated, pureed or steamed for younger children
- Ensure the skin of fruit is removed and making it easier for a child to swallow
- Ensure that when preparing food for babies around the age of six months, consideration should be given to how food is cut, the size the shape and texture
- Ensure that when preparing vegetables or fruit, especially for younger children they are cut into thin batons or grated
- Ensure finger foods such as vegetables and fruit are softened to enable the younger child to explore new textures and encouraged to try new snacks
- Ensure rounded shapes are avoided, for example bananas and sausages must be cut into strips rather than circles
- Ensure that when cutting small fruits or vegetables (for example grapes, strawberries or cherry tomatoes) they are cut into quarters rather than halves, making sure pips are removed

### Special Occasions

- Parents must refrain from bringing in cakes or sweets to celebrate
- We will celebrate special occasions such as birthdays in ways that do not involve confectionary, cakes or biscuits and will celebrate with a card and song
- Parents are under no obligation to bring anything in to share as a birthday treat and this is not expected. However, parents that wish to can consider alternatives such as a fruit platter, stickers.

## Staff Competence

- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- Staff will not encourage or allow children to eat sweets or other foods that are high in fat or sugar. Positive behaviours can be reinforced with praise or stickers
- Baking activities that involve cakes or biscuits must have an educational purpose. These items will be taken home for the parent / carer to decide if they allow their child to have them.
- Staff will consider healthier and alternative recipes to cakes and biscuits that follow healthy eating guidelines

## Food Poisoning

*3.72 Registered providers must notify Ofsted of any food poisoning affecting two or more children cared for on the premises. This must be done as soon as is reasonably practicable, but, in any event, within 14 days of the incident. A registered provider who, without reasonable excuse, does not meet this requirement commits an offence*

*The Statutory Framework for the Early Years Foundation Stage 2025*

The preschool cook at Putnoe Woods Preschool will ensure:

- That temperatures of all food are recorded daily to ensure all foods are cooked to their requirement and record them
- Foods are stored appropriately and labelled with dates when they have been opened and when they should be discarded

The Preschool Manager will ensure that any cases of potential food poisoning are reported to Ofsted.

## Oral Health

*3.58 Providers must promote the good health, including the oral health, of the children they look after*

*The Statutory Framework for the Early Years Foundation Stage 2025*

The staff at Putnoe Woods Preschool will encourage promoting oral health by:

- Talking to children about the effects of eating too many sweet things and talk about healthy foods that make teeth healthy and strong
- Will never give sweets or chocolate to any children
- Encourage parents to provide a healthy packed lunch

- Promote activities that encourage oral health such as brushing the teeth of pretend teeth, dolls and soft toys, reading stories about visiting the dentist and brushing teeth twice a day for 2 minutes using a fluoride toothpaste.
- Encouraging children to visit the dentist regularly and how it is important to visit the dentist
- Encourage dentists to come and visit the preschool to talk to children about healthy teeth and gums
- Encouraging parents to promote good oral health at home

**This policy is in compliance with the Data Protection Act 2018**

**Putnoe Woods is committed to safeguarding and promoting the welfare of children and young people, employees, students, volunteers, trustees and parents and expects all staff and volunteers to share this commitment.**

Date of Policy: September 2014	Created By: Jo Skelton	
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Review Date	Reviewer	Amendments
November 2015	Jo Skelton	
September 2016	Jo Skelton	
May 2018	Jo Skelton	GDPR statement added

Review Date	Reviewer	Amendments	Policy signed off on behalf of the Board of Trustees
November 2022	Nikki Adams	GDPR replaced with Data Protection	
September 2023	Jo Skelton	Ref to EYFS 2023	
January 2025	Jo Skelton		
November 2025	Jo Skelton	Ref to EYFS 2025 Ref to EYFS Nutrition Guide 2025 Safer Eating Section	
May 2026	Jo Skelton	Ref to sweets and foods high in fat and sugar	



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		Ref to baking for educational purposes Ref to multi cultural foods in meal planning	
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