

# Razzy's Daycare & Nursery



Razzy's Daycare & Nursery  
Est. 2025

## Healthy Eating & Nutrition Policy

Date of Issue: December 2025

Review Date: December 2026

### Introduction

Razzy's Daycare & Nursery is committed to promoting the health, wellbeing, and nutritional development of all children in our care. We recognise the crucial role that early years settings play in shaping lifelong healthy eating habits. This policy outlines the standards and principles that guide our approach to food provision, mealtime routines, hydration, cultural diets, and engagement with families. It should be read in conjunction with the Kitchen & Food Preparation Policy, Allergen Management Policy, Safeguarding Policy, and individual children's healthcare plans. Our aim is to ensure that every child receives food that is safe, nutritious, age appropriate, culturally sensitive, and consistent with the Department for Education's guidance on nutrition for early years settings.

### Legal and Regulatory Framework

This policy operates in line with all relevant statutory requirements including;

- The Early Years Foundation Stage (EYFS) Statutory Framework 2025
- The Food Safety Act 1990
- The Food Hygiene (England) Regulations 2013
- The Health and Safety at Work Act 1974
- The Children and Families Act 2014

Razzy's Daycare & Nursery also follows the Department for Education's Early Years Nutrition Guidance, Public Health England's recommendations for infant feeding and portion sizes, and the Safer Food, Better Business (SFBB) approach used in early years settings. Compliance with these frameworks ensures that children's nutritional needs are prioritised at all times and that food is prepared, stored, and served in ways that protect their health and safety.

### Our Approach to Healthy Eating

The nursery is committed to offering varied, balanced meals that support healthy growth and development. Menus are designed to include a diverse range of food groups such as fruits, vegetables, whole grains, dairy and dairy alternatives, pulses, lean proteins, and

healthy fats. Meals are prepared with minimal salt and sugar, and we avoid artificial additives where possible. The nursery ensures that portion sizes reflect the age and developmental needs of young children and are aligned with government nutrition recommendations. We actively promote positive eating behaviours by modelling healthy food choices, supporting children to explore new foods, and encouraging independence where appropriate, such as pouring drinks, self serving with supervision, or using cutlery confidently.

### **Menu Planning, Rotation, and Implementation**

Razzy's operates a structured three week rotating menu that is reviewed seasonally to ensure freshness, variety, and balanced nutrition. The menu is planned in line with the Department for Education's Early Years Nutrition Guidance and incorporates a daily variety of fruits, vegetables, whole grains, and age appropriate proteins. Each week includes vegetarian meals as standard, and suitable substitutes are provided for children who do not eat meat, dairy, eggs, or specific food groups due to cultural, religious, medical, or family preferences. Information gathered from the registration form, including allergies, intolerances, dietary needs, and cultural requirements, is used to adapt individual meals where necessary. Parents are provided with a copy of the current menu and notified of any changes. Staff evaluate menu popularity and nutritional quality regularly to ensure that meals remain balanced, appealing, and aligned with best practice.

### **Cultural, Religious, and Dietary Needs**

Razzy's Daycare & Nursery recognises and respects the diverse cultural and religious backgrounds of our children and families. We aim to provide meals that reflect this diversity while meeting all nutritional requirements. Dietary preferences linked to culture, religion, or family ethos are acknowledged and incorporated into menu planning wherever possible. Parents are encouraged to discuss their child's dietary requirements during the registration process and to notify the nursery of any changes. We work in close partnership with parents to ensure consistency between home and nursery and to respect family values while prioritising children's health and safety.

### **Infant Feeding and Weaning**

The nursery supports the choices families make regarding infant feeding, including breastfeeding, formula feeding, and mixed feeding. For breastfed infants, parents may supply expressed milk, which is stored, handled, and prepared safely according to NHS and Food Hygiene regulations. Formula milk is prepared following strict hygiene procedures and only with sterile equipment. When infants are ready to begin solid foods, staff work closely with parents to introduce appropriate textures and flavours in line with Public Health England's weaning guidelines. All meals offered to infants are soft, age

appropriate, and free from added sugar and salt. Foods that present choking hazards are avoided or modified to ensure safety.

### **Allergen Awareness and Special Nutritional Requirements**

Children with food allergies, intolerances, or medical dietary needs are fully supported within the nursery. Individual Healthcare Plans outline specific requirements and emergency procedures, and these plans are accessible to all relevant staff. Detailed allergen information is kept for every menu, and staff members check ingredient labels carefully before preparing or serving food. To prevent accidental exposure, allergen free meals are prepared separately using designated equipment and surfaces. Staff are trained in anaphylaxis awareness and know how to administer emergency medication if required. The nursery has a strict no food sharing practice and ensures that children are always closely supervised during mealtimes.

### **Hydration and Access to Drinks**

Access to fresh drinking water is provided throughout the day, both indoors and outdoors. Children are encouraged to drink regularly, especially during warm weather, physical activity, or after naps. Older children are supported to help themselves to water independently, while staff ensure that younger children and babies are offered drinks frequently. Only water and milk are served as drinks during the day, in accordance with DfE nutrition guidance and best practice for dental health.

### **Mealtime Environment and Routines**

Mealtimes at Razzy's Daycare & Nursery are calm, supportive, and social occasions. Staff sit with the children, model positive table manners, and encourage conversation. Children are never pressured to eat, and staff adopt a gentle, responsive approach that respects each child's appetite, preferences, and developmental stage. Children are encouraged to try new foods but never forced. Food is presented attractively and in a way that enables children to feed themselves safely and independently where appropriate. Staff ensure that mealtime routines reinforce healthy habits, such as washing hands before eating, sitting safely at the table, and learning to recognise hunger and fullness cues.

### **Promoting Healthy Lifestyles**

The nursery is dedicated to helping children understand the basics of healthy living. Staff incorporate aspects of healthy eating into the curriculum using play based activities, discussions, stories, and cooking experiences. Children are taught where food comes from, how it helps their bodies grow, and the importance of drinking water. Outdoor play and physical activity form a central part of the daily routine, supporting children's

overall wellbeing. By integrating nutrition into learning experiences, we help children develop an early appreciation of healthy choices.

### **Partnership with Parents and Carers**

Razzy's Daycare & Nursery maintains open communication with parents about their child's eating habits, preferences, and nutritional needs. Menus are shared regularly, and we invite feedback to support continuous improvement. Parents of children with dietary restrictions are kept updated about the foods their child has received each day. The nursery encourages families to share recipes, cultural dishes, or home eating practices to support a holistic approach to nutrition. When parents provide packed lunches, they are given guidance about appropriate food choices to ensure consistency with health and safety standards.

### **Monitoring, Safety, and Review**

The Nursery Manager is responsible for ensuring that this policy is implemented effectively across the setting. Regular checks are carried out to verify proper food handling, compliance with nutrition standards, and safe meal service. Incidents relating to food, such as allergic reactions or choking events, are recorded and reviewed to identify improvements. Menus are evaluated for nutritional balance and updated seasonally. This policy is reviewed annually or sooner if legislation, best practice guidance, or nursery operations change.

*Razzy's Daycare & Nursery remains committed to creating a healthy, inclusive food environment where every child can develop confidence, enjoyment, and lifelong healthy eating habits.*