



Healthy Eating Policy

Our aim at Westlands Nursery is to ensure that all of the children who attend our setting are able to benefit from eating healthy and nutritious meals, which is why we understand the importance of following the recently released 'Early Years Foundation Stage Nutrition Guidance' and have therefore implemented new menus for the meals we provide as well as advice and guidance for parents and carers on suitable lunchbox items.

The 'Early Years Foundation Stage Nutrition Guidance' states that;

- *Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious*
- *Providing healthy, balanced and nutritious food ensures that all children develop 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*
- *The early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health*

What we are doing at Westlands Nursery to support this guidance.

- At Westlands nursery we understand we must have regard for this nutrition guidance and should follow it unless there is good reason not to.
- We will engage in open communications with parents and/or carers to ensure that all food we provide meets children's food preferences and dietary needs according to individual families' religious faiths and beliefs.
- Fresh drinking water is available for the children everyday. All children aged 2 and over have access to an appropriate height sink so they have the independence to refill their cups or water bottles when needed. In our Baby Room children have access to their water cups throughout the day, however they are encouraged and supported to sit down whilst drinking.
- We have a three week rolling menu for breakfast, snack and tea to ensure that a wide variety of foods are being offered each term. These menus are reviewed and changed twice annually to reflect a summer and winter version.
- We have recently updated these menus to reflect the advice given in the new guidance which states which foods should be avoided and the importance of incorporating the 4 main food groups; Fruit and vegetables, starchy carbohydrates, dairy or dairy alternatives, meat or other proteins.
- Staff will have strong knowledge of introducing solid foods or weaning babies aged 6-12 months and will have open discussions with parents/carers about the stage their child is at regarding solid foods and no assumptions will be made based on age.
- Staff will support parents with reducing milk intake as their food intake increases.

Our Menu's can be found on at website - www.westlandsnursery.org.uk

How parents and/or carers can support the nursery's policy on healthy eating;

- Ensure that the nursery is kept up to date on your child’s dietary requirements and it is logged on your child’s Family profile.
- Avoid sending in drinks that are high in salt,sugar and saturated fats. This includes juice, squash or fizzy drinks. Children should only bring in water or milk to drink throughout the day.
- Provide age/stage appropriate drinking cups for children. The NHS advice states ‘*Once your baby is 1 year old, feeding from a bottle should be discouraged*’. For further advice on transitioning your child from a bottle to a beaker please use this link;
[Drinks and cups for babies and young children - NHS](#)
- Pack appropriate and healthy foods in your child’s lunchbox, avoiding foods such as; chocolate, sweets or crisps, please see below for alternative ideas.
- Packed lunch boxes are appropriately portioned for your child’s age and stage of development
- Avoid shop bought and ready made, sandwiches, wraps or pasta pots as these are often far too big of a portion and high in salts and sugars.
- Respect the nursery staff and our policies by adhering to this guidance.

A healthy lunchbox should include;

- One portion of starchy carbohydrate such as; Bread, Pasta, Rice, Potatoes, Cous Cous, Wraps, Noodles
- One dairy product, such as; Cheese, Milk, Unsweetened Yoghurt/Fromage Frais
- One portion of protein, such as; Meat/Meat alternative, Fish, Eggs, Beans and Pulses
- One portion of age appropriate fresh or frozen fruit, such as; Banana, Apples, Strawberries etc
- One portion of vegetables, such as, Cucumber, Carrot sticks, Sweetcorn etc

Examples of a healthy lunchbox

| Example A. | Example B. |
|---|--|
| <ul style="list-style-type: none">● One Ham Salad Wholemeal Wrap (Half a wrap for 2 years and under)● Small Portion of cubed cheese or Babybel● One easy peel satsuma● Veggie sticks | <ul style="list-style-type: none">● An appropriate portion of Tuna and sweetcorn Pasta● One unsweetened yoghurt/fromage Frais● One Banana● Rice cake or breadsticks |

On occasions this may also include a small pot of jelly or a crisp alternative.

Click the links below for advice on portion sizes cutting food safely and some healthier lunchbox recipes;

[Portion sizes for children aged 5 and under](#)

[Preparing food safely for babies - Best Start in Life - NHS](#)

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

The NHS [Healthy Start](#) scheme helps families from low income households to buy food and milk to support and encourage a healthy diet for pregnant women and children aged under 4.

We appreciate your support and cooperation with implementing this guidance in our setting to ensure we are working together to provide the healthy, balanced and nutritious food your child needs while growing and developing.

If you would like to read the full guidance, please click the link below;

[Early Years Foundation Stage nutrition guidance - GOV.UK](#)

Policy Adopted: September 2025

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