



## **Important Update: Nutrition Guidance – September 2025**

Date: June 2025

Dear Parents and Carers,

We are writing to inform you about a new update to the Early Years Foundation Stage (EYFS) statutory framework, which includes new guidance around food and drink provided in early years settings. This guidance will come into effect from September 2025 and is designed to help promote healthy eating habits and support children's overall wellbeing.

### **What's Changing?**

From September 2025, all early years settings must follow national nutrition guidance. At Hemingbrough Pre-School, this means:

- We will only provide water or plain milk during the day – juice, squash or fizzy drinks will no longer be allowed.
- We will continue offering healthy snacks such as fruit, toast, and vegetables.
- We are asking parents to support us by providing healthy packed lunches. Please avoid including chocolate, sweets, crisps or sugary drinks.

We understand that changes to routines can take time to adjust to, and we are here to support you. We will be sharing a healthy lunchbox ideas poster and examples of balanced meals that follow the new guidance. Our aim is to work together to ensure every child has the best possible start in life.

Thank you for your continued support. If you have any questions or concerns, please speak with a member of our team.

Kind regards,  
Summer Andrews  
Manager, Hemingbrough Pre-School