



## **Food and nutrition information**

We have a statutory duty as part of The Early Years Foundation stage to ensure we are meeting all safeguarding and welfare requirements. This includes ensuring that the snacks and drinks the children access are healthy, balanced and nutritious.

This September new frameworks and policy has been implemented by the department of education. To comply with these new documents, we have changed some rules regarding food and nutrition and wanted to update parents/carers on these changes.

This has been written using information, advice and guidance from The Early Years Foundation Stage nutrition guidance April 2025. If you would like a copy of this please speak to staff.

**The biggest change to preschool is that we are now NUT FREE.**

**Peanuts and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts) are now banned from preschool. Please do not bring these into our classroom for the safety of the children.**

Staff will obtain information from parents/carers to whether their child has any allergies or intolerances before the child starts the setting. Parents are asked to keep staff updated on any changes to their child's dietary needs.

We ask that parents follow our healthy, balanced and nutritious guidance when they are sending in food for their child. Examples of foods are given in this pack and are also available on our facebook page. This pack details what foods are acceptable through our new traffic light code. It is our aim to support parents/carers in providing their child with a nutritious diet. We expose children to different foods via snack times, cooking with them, trying new and different foods and discussing where the food comes from. This is done taking into account children's allergies, intolerances, cultural preferences.

Parents are asked to think about perishable items that should be kept cool. They can be packed in insulated sealed bags with ice packs to maintain their freshness. If ice packs are unavailable, the '4-hour rule' can be applied, food can be stored outside of chilled conditions for up to 4 hours.

Please note all these changes will be reviewed and other changes may be made at that time.

If you have any questions about these decisions/changes or anything in this document please reach out to staff either in person, through phone or email.



## **Information specific to children under 2**

**Weaning** - Staff will work alongside parents to establish what stage of weaning the child is at. Parents are guided to <https://www.nhs.uk/start-for-life/baby/weaning/> which provides lots of information about weaning babies.

Staff have also received the same information and discussions will be had with parents on their child's individual needs regardless of age.

When providing children's food it will be reheated using a microwave, where needed. Staff will then check the temperature of the food.

If preferred, a cold packed lunch can be provided, which also needs to be clearly labelled with the child's name.

**Commercial baby food and drink**- We do not encourage the use of commercial baby foods eg jars, pouches as research has shown that these can have very low nutritional value, high sugar content and contain a lot of water. However we do appreciate that such products are very convenient for busy families and we are happy if they are provided for your child occasionally.



# Chudleigh preschool food guidance

Green foods= ok all the time	Orange foods= occasionally but not every day Limited to twice a week ideally*	Red foods= <b>not allowed!</b> Please don't bring thses
All fruits All vegetables Breads of all forms Pasta Rice Couscous Crackers and crispbreads Cold cooked meats Egg Fish Houmous Cheeses Yogurts Sugar free jelly Water and sugar free flavoured water Milk	Chocolate bars Crisps Cakes Juice/squash drinks Jam sandwiches Pizza Biscuits Pastries and pasties (eg sausage rolls) Dairylea dunkers and Lunchables Cereal bars Fried fruits (these contain a lot of sugars)	Pea nuts All other nuts (almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts) Fizzy drinks Chips/fries Cold takeaway foods Sweets of all types Chocolate spread sandwiches

\*we understand children have hard preferences for foods and drinks. Please talk with staff to come up with a plan of action on how we can support you and your child to implement these new restrictions.

# Eatwell Guide

## Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Veg Oil

Lower fat spread

Oil & spreads

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



# A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	<b>At least 5 portions each day</b> Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	<b>4 portions each day</b> Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	<b>3 portions each day</b> Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	<b>2 portions each day</b> Provide a portion as part of lunch and tea (two to three portions for vegetarian children)



# Introducing solid foods – a roadmap

## 0-6 months

- Until they are 6 months old, babies should only have breastmilk or formula milk.
- Breastfed babies should be given vitamin D supplements.
- A baby's digestive system isn't mature enough to handle nutrients in foods until around 6 months.

## Around 6 months

### Babies are ready for solid foods when:

- They can stay sitting and supporting their own head.
- They can coordinate hands, eyes and mouth.
- They can swallow their food.
- Start off with slightly bitter pureed vegetables (like broccoli) before moving onto sweeter ones (like carrot).
- Many babies can handle a range of blended and mashed foods – go at a pace to suit them.
- Food is complementary to breastmilk or formula until they are at least 12 months old.
- Water can be offered as a drink, but cow's milk should never be given as a drink until 12 months.

## Around 7-12 months

- Around 7 months, babies should be offered three meals a day, alongside breastmilk or formula.
- As babies become more confident at eating, you can give them food with lumps in.
- Babies have a heightened gag reflex, they will gag and spit out food as they work out how to move lumps around their mouths.
- Babies will naturally reduce the amount of breastmilk they drink as they eat more food. If they are formula fed, gradually reduce the amount of formula milk you give them.



# How to cut food for babies

## 6 to 9 months:

Babies are developing their pincer grasp. Cut food into long, thin strips or wedges to make it easy for them to hold and nibble. Try cooked vegetables, soft fruits and well-cooked pasta.

## 9 to 12 months:

Babies are getting better at holding things, so introduce bite-sized pieces. This helps them practise chewing. Foods like soft fruits, cheese and well-cooked meat can be cut into pea sized cubes.

## Over 12 months:

Older babies and toddlers can handle a variety of textures. Be sure to cut food into pieces that are appropriate for the child's mouth and throat size, making sure they are easy to chew.

## Remember:

- Always supervise babies and toddlers while they are eating.
- Avoid choking by cutting food into the right sizes.
- Introduce a variety of textures and flavours.
- Pay attention to what the child likes and doesn't like.

