



Healthy Eating Policy

Introduction

Houghton and Wyton Pre-school recognises the importance of healthy eating for children's development and long-term well-being. While we do not provide food on site, we are committed to promoting healthy choices through learning activities and supporting families to provide nutritious snacks and lunches, in line with **EYFS 2023 statutory requirements**.

Aim

To promote positive attitudes toward healthy eating through curriculum activities and family partnership, and to support children in developing lifelong healthy habits.

Objectives

We will:

- Promote healthy eating through planned learning experiences and role play
- Encourage children to explore nutritious food choices in fun, age-appropriate ways
- Provide guidance to families on healthy packed lunches and snack choices
- Ensure allergy and dietary information is collected and managed responsibly

Roles and Responsibilities

- **Manager:** Oversees allergy and dietary disclosures and supports family communication
- **Staff:** Support children during food-based learning activities (e.g. making smoothies or sandwiches), embed healthy food messages into play, ensure allergy awareness, and supervise food-related experiences
- **Parents/Carers:** Provide well-balanced packed lunches and update us on allergy or dietary needs

Implementation Procedures

1. Healthy Lunches and Snacks from Home

- Parents are encouraged to provide:
 - Fresh fruit and vegetables
 - Wholegrain bread, wraps, or rice
 - Dairy or protein-rich options
- We discourage sugary drinks, sweets, and processed snacks
- Children do not share food to reduce allergy risks
- A healthy lunch and snack guidance sheet is included in the Welcome Pack

2. Learning About Healthy Eating

- Staff incorporate food-related activities such as:
 - Making sandwiches, smoothies, or fruit kababs
 - Reading books about food and nutrition
 - Sorting healthy and less healthy food items in play
- Activities are designed to support oral health, life skills, and social learning

3. Allergy Awareness and Data Handling

- We are a **nut-free setting**
- All dietary needs are disclosed during registration and reviewed regularly
- Staff are informed on a need-to-know basis and supported to manage these needs sensitively
- Dietary information is stored securely in line with the **Data Protection Act 2018** and **UK GDPR**

4. Oral Health Link

- Healthy eating is closely linked to oral hygiene routines
- See also: **Promoting Oral Health Policy**



Registered Charity # 1203754

Monitoring and Review

This policy is reviewed annually by the Manager and Board of Trustees or sooner if public health or EYFS guidance changes. Guidance materials for families are reviewed at least once per year.

Legislation and Guidance

- Statutory Framework for the EYFS (2023) – Sections 3.47–3.48
- Eat Better, Start Better: Public Health England Guidance
- Food Information Regulations 2014
- Data Protection Act 2018 and UK GDPR

Acknowledgment

All staff and families are expected to support this policy. By doing so, they contribute to the physical and emotional well-being of every child