

The Early Years Foundation Stage (EYFS)

The EYFS is the statutory framework in England. The latest version is here:

<https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

The requirements of the EYFS in relation to healthy eating state:

- Where children are provided with meals, snacks, and drinks, these must be healthy, balanced and nutritious.
- Before a child is admitted to the setting the childminder must obtain information about any special dietary requirements, preferences, and food allergies that the child has, and any special health requirements.
- Fresh drinking water must always be available and accessible to children.
- Childminders must record and act on information from parents and carers about a child's dietary needs.
- There must be an area adequately equipped to provide healthy meals, snacks and drinks for children as necessary.
- There must be suitable facilities for the hygienic preparation of food for children, if necessary, including suitable sterilisation equipment for babies' food.
- Childminders must be confident that they, or any assistants responsible for preparing and handling food, are competent to do so.
- Section 4 of 'Example menus for early years settings in England' includes guidance on menu planning, food safety, managing food allergies and reading food labels, which childminders and assistants preparing food will find helpful in ensuring that children are kept safe.
- Childminders must notify Ofsted ... of any food poisoning affecting two or more children cared for on the premises. This must be done as soon as is reasonably practical, but in any event within 14 days of the incident. A childminder who, without reasonable excuse, doesn't meet this requirement commits an offence.
- Childminders must ensure that children are adequately supervised, including whilst eating.

EYFS 2025

To future-proof the policy for the EYFS from 1st September 2025,

childminders must:

- Ensure children are within sight and hearing of a staff member with paediatric first aid when eating.
- Support food allergies and intolerances.
- Weaning needs of babies must be considered.

Further safer eating requirements – see Safer Eating Policy.

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Note: the educational programme for personal, social and emotional development states: Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently.

The Childcare Register

The register for children over the age of 5 years is the Childcare Register. There are 2 parts – the compulsory register and the voluntary register. The Childcare Register is here:

<https://www.gov.uk/guidance/childminders-and-childcare-providers-register-with-ofsted/registration-requirements>

The requirements of the compulsory Childcare Register in relation to healthy eating state:

You must make sure that:

- You have a suitable place to prepare food, if you provide it.
- Any food and drink provided to the children is properly prepared, wholesome and nutritious.
- The children have access to drinking water.

EU allergy legislation

To comply with EU allergy legislation, the childminder must be able to inform parents, if asked, about the 14 most common allergens in their child's food. The allergens are cereals containing gluten (wheat, rye, barley and oats), crustaceans (prawns, crab, lobster), eggs, fish, lupin, milk, molluscs (mussels and oysters), mustard, peanuts, tree nuts (almonds, hazelnuts, walnuts etc), sesame, soybeans and sulphur dioxide and sulphates (if more than 10 parts per million).

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Healthy eating policy



Written by: Anuska Abeyasekera

Date: 16/2/25

I take pride in my healthy food and drink provision. Mealtimes are an important time of the day and we all sit together to eat. Children are

supervised constantly when eating and sit together with staff at a table.

I am committed to offering children healthy, nutritious food which meets their individual dietary requirements as advised by their parents. All food is freshly prepared, using best quality ingredients where possible and presented well. Portion sizes are realistic and children are never asked to clear plates as I am aware of the risks of over-eating. On special occasions food might be used as part of a festival, birthday or celebration and I sometimes offer children food which might not be considered healthy such as cakes for a birthday party. If parents have a concern about this they should let me know.

As part of the induction process, I ask parents about their child's dietary needs. I consider likes, dislikes, allergies, intolerances, religious and cultural needs when planning menus. I keep this information regularly updated. If I am told that children need food at times other than my usual mealtimes or different from my usual menu items to accommodate medical needs, I will make arrangements to support them.

To comply with the EYFS and Childcare Register, fresh drinking water is provided in age-appropriate cups ~~on a tray~~ which is accessible for all the children;

The kitchen is suitable for food preparation and cleaning is robust. I am registered with the local authority as a food provider. I use the guidance 'Safer Food Better Business for Childminders' from the Food Standards Agency. I welcome inspection by a food safety officer or complete a questionnaire if requested. I have facilities for sterilising baby bottles and equipment.

I update food hygiene training as required by my local authority. I have also taken a course in food allergies to comply with the EYFS 2025 requirements.

I plan menus with parents and children. I am aware of the EU requirement to be able to inform parents, if asked, about any of the 14 most common allergens in their child's food.

I am aware of the requirements under the Public Health (Infection

Diseases) Regulations 1988 regarding food poisoning and the requirement to inform Ofsted, acting on advice given by the Health Protection Agency. I retain food receipts for the recommended 3 months period.

I teach children about healthy eating and drinking as part of the daily routine. Children help to buy, prepare and cook food and enjoy helping in the kitchen. Risk assessments help to keep children safe in the kitchen and when they are cooking.

Other food and drink considerations

- When parents provide food, it is stored appropriately and set out on a plate for the child. Parents are provided with healthy eating and choking guidance.
- Animals, including any pets (where appropriate), are kept away from food preparation areas at all times; if animals access the kitchen, work surfaces and utensils will be thoroughly cleaned before food preparation.
- Baby changing facilities are not near food preparation areas to prevent cross contamination.
- Laundry facilities are not used at the same time as food is being prepared and dirty laundry is not stored on food preparation surfaces.
- Food hygiene certificates are checked if I take children to eat in a café; food is stored in cool bags if transported, for example, to eat at a picnic.

To prevent the spread of infection, following latest NHS and government guidance:

- Food, drinks, plates, cutlery and cups are not shared between children.
- When children make food, they work in their own space and are reminded not to put their fingers in their mouth when cooking.
- Hand washing routines are robust and hand contact points are regularly sterilised.

Extra precautions, guided by the UK Health Protection Agency (formerly Public Health England), are taken to keep children as safe as reasonably practicable when preparing food, eating or drinking in the setting.

Information has been updated and shared with parents to comply with the EYFS requirements relating to safer eating including changes to expectations for allergies, weaning and choking.

I follow DfE food safety guidance and request parents read the

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information –

<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

Training certificates, qualifications and course details are attached to the policy, where relevant.

If you have any questions, please ask.

Signed:

Policy updates

A. Anyecore

Review date: ☐

15/2/25

Updated 08.2021: wording reviewed and adapted where relevant to comply with the changes to the Early Years Foundation Stage (EYFS).

Updated 08.2023 – general wording check to ensure policy is current and valid.

Updated 01.2025 – general wording check.

*Added information to comply with the EYFS 2025 - see Safer Eating Policy for more information.

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