Happy Hoglets Multilingual Nursery

Healthy Eating, Nutrition & Safer Eating Policy (Ages 0–5)

Aligned with the EYFS Statutory Framework (Effective September 2026) & DfE EYFS Nutrition Guidance

Setting Name: Happy Hoglets Multilingual Nursery
Policy Version: 1.0 (Ofsted Inspection Ready)
Nursery Manager & DSL: Cristina Zolde
Effective Date: November 2026
First Aid & Medical Lead: Irina Matei
Next Review Date: November 2027
Statutory Framework: EYFS Statutory Framework (Sections 3.62–3.70) & DfE Early Years Foundation Stage Nutrition Guidance

1. Policy Statement & Statutory Scope

At **Happy Hoglets Multilingual Nursery**, we recognise that healthy, balanced nutrition and positive mealtime experiences are essential for children's physical growth, oral health, cognitive development, and lifelong wellbeing. In line with the **Early Years Foundation Stage (EYFS) Statutory Framework**, all meals, snacks, and drinks provided by our setting must be healthy, balanced, and nutritious, and we have full regard to the Department for Education's *Early Years Foundation Stage Nutrition Guidance*.

Scope Note — Inclusion of Infants (Birth to 12 Months):
Happy Hoglets Multilingual Nursery currently registers and cares for children aged **2 to 5 years** and does not routinely provide infant formula or weaning meals for babies under 12 months. However, in accordance with Ofsted registration standards and the complete 0–5 EYFS Nutrition Guidance, this policy incorporates full statutory protocols for babies (0–12 months) alongside our core provision for children aged 2–5 years. This ensures immediate regulatory readiness should our age range expand or should any child with delayed weaning or developmental feeding needs attend our nursery.

2. Leadership & Staff Responsibilities

- **Nursery Manager & DSL (Cristina Zolde):** Holds overall accountability for policy implementation, menu compliance, allergen governance, staff food safety training, and parent communication.
- **First Aid & Medical Lead (Irina Matei):** Oversees Individual Healthcare Plans (IHPs) for severe food allergies and intolerances, checks emergency anaphylaxis kits, and ensures Paediatric First Aid (PFA) coverage during every meal and snack session.
- **Paediatric First Aid (PFA) Supervision:** Under EYFS Safer Eating regulations (Section 3.63), at least one member of staff holding a valid, full Paediatric First Aid certificate is present in the room at all times while children are eating or drinking.
- **Food Hygiene Training:** All staff involved in preparing, handling, or serving food hold a minimum **Level 2 Award in Food Safety in Catering / Early Years** and follow Food Standards Agency (FSA) *Safer Food, Better Business* standards.

3. Nutrition Standards for Children Aged 2 to 5 Years

Our daily meals and snacks are planned around the **four core food groups** recommended in the DfE EYFS Nutrition Guidance, served in age-appropriate portion sizes across rotating seasonal menus:

Food Group	Daily Provision Standards (2–5 Years)	Foods to Limit or Avoid
1. Fruit & Vegetables	Offered at every meal and snack (aiming for at least 5 varied portions daily). Includes fresh, frozen, or tinned fruit/ vegetables in water/natural juice.	Avoid dried fruit as a between-meal snack (high sugar/tooth decay risk). Avoid salted or sweetened tinned produce.
2. Starchy Carbohydrates	Served with every meal and most snacks (e.g., wholemeal bread, brown rice, pasta, potatoes, oats, couscous, chapatti).	Limit refined white grains, sugary breakfast cereals, pastries, cakes, and salted crackers.
3. Protein Sources	Served at lunch and tea (e.g., lean meat, poultry, oily and white fish, eggs, beans, lentils, chickpeas, tofu).	Limit processed meats (sausages, bacon, ham, chicken nuggets) to no more than once per week.
4. Dairy & Alternatives	Offered daily (e.g., plain whole or semi-skimmed milk, plain natural yoghurt, cheese, or unsweetened calcium-fortified soya/oat alternatives).	Avoid sweetened yoghurts, fromage frais with added sugar, flavoured milks, and rice milk (not suitable under age 5).
Drinks & Hydration	**Fresh drinking water** is freely accessible indoors and during outdoor sessions at the Wolseley Trust Garden. Plain milk is offered at snack/meal times in open cups.	**Strictly prohibited:** Fizzy drinks, squash, fruit juice, flavoured water, tea, coffee, or drinks with artificial sweeteners.

Salt, Sugar & Portion Control

- **No Added Salt or Sugar:** Staff never add salt to cooking water or at the table, and use herbs, spices, garlic, and lemon to flavour multilingual dishes naturally. Desserts are fruit-based or dairy-based rather than high-sugar puddings.
- **Healthy Start & Family Support:** We display our rotating weekly menus for parents/carers and signpost eligible families to the **NHS Healthy Start** scheme and local Plymouth nutrition support services.

4. Provision Standards for Babies (Birth to 12 Months)

Note: While Happy Hoglets currently admits children from age 2 upwards, the following EYFS statutory standards govern our setting's policy framework for infants aged 0–12 months:

A. Babies Aged 0–6 Months (Milk Feeding & Breastfeeding Support)

- **Breastfeeding Friendly Environment:** We actively support mothers who wish to continue breastfeeding or provide expressed breast milk. Expressed breast milk must be clearly labelled with the baby's full name, date, and time expressed, stored in a dedicated fridge at 4°C or below, and warmed safely in warm water (never in a microwave).
- **Infant Formula:** Where a baby is formula-fed, parents/carers provide sealed tins of **first infant formula** (or pre-made sterile liquid formula) alongside sterilised bottles. Staff make up feeds freshly to order using boiled water cooled for no more than 30 minutes (at least 70°C) in accordance with NHS Start for Life guidelines. Follow-on formula is not necessary.
- **Responsive Bottle Feeding:** Babies are always held upright in a practitioner's arms during bottle feeds—bottles are never propped. Staff follow responsive feeding cues, pacing feeds and never forcing a baby to finish a bottle.

B. Babies Aged 6–12 Months (Complementary Feeding / Weaning)

- **Gradual Introduction of Solids:** Solid foods are introduced from around **6 months of age** in close partnership with parents/carers, progressing smoothly from smooth purées to mashed, lumpy, and soft finger foods.
- **Allergen Introduction:** Common food allergens (such as egg, peanut, milk, fish, wheat, soya, and sesame) are introduced one at a time in small quantities in agreement with parents so any reaction can be safely monitored.
- **Foods Strictly Avoided Under 12 Months:** Honey (risk of infant botulism), added salt or stock cubes, added sugar, whole nuts, unpasteurised cheeses, raw/lightly cooked shellfish, shark/swordfish/marlin, and cow's milk as a main drink (only used in cooking from 6 months).

5. Safer Eating & Choking Prevention (All Ages 0–5)

In line with EYFS Safer Eating requirements and Food Standards Agency (FSA) guidance, staff apply strict preparation and supervision rules at every meal, snack, and cooking activity:

Mandatory Choking Prevention Rules:

- **Small Round Foods:** Grapes, cherry tomatoes, blueberries, blackberries, and large raspberries must be **cut into quarters lengthwise**—never served whole or halved across.
- **Hard Fruits & Vegetables:** Raw carrot, apple, and celery sticks are thinly sliced into narrow batons, grated, or lightly steamed until soft.
- **Meat, Fish & Bread:** All bones, gristle, and tough skins are removed. Sausages (when occasionally served) are peeled and cut into narrow strips lengthwise. Soft white bread is avoided or toasted and cut into thin fingers.
- **Strictly Prohibited Under Age 5:** Whole nuts and seeds, popcorn, marshmallows, jelly cubes, boiled sweets, chewing gum, and whole mini eggs.
- **Seated & Supervised Eating:** Children must always sit upright at tables or in properly strapped highchairs while eating or drinking—never walking, running, or lying down.

6. Managing Allergies, Intolerances & Cultural Diets

- **Pre-Admission Dietary Profiling:** Before a child starts at Happy Hoglets, Cristina Zolde (Nursery Manager) and Irina Matei (First Aid Lead) collect full written details of all food allergies, intolerances, coeliac disease, medical diets, and religious or cultural dietary preferences (e.g., Halal, Kosher, vegetarian, vegan).
- **Allergy Action Plans & Visual Identification:** Every child with a diagnosed allergy has a written **Individual Healthcare Plan (IHP)** displayed discreetly in the kitchen and dining area (with parental consent), paired with colour-coded placemats/plates so every practitioner can verify safe food service at a glance.
- **Natasha's Law & Allergen Matrix:** We maintain a daily allergen matrix covering all 14 major food allergens for every dish served and carry emergency allergy grab-bags on all off-site sessions at the Wolseley Trust Garden and Hall.

7. Food Brought in from Home (Packed Lunches & Celebrations)

- **Packed Lunch Guidance:** Where families provide a packed lunch from home, we share our *Healthy Packed Lunch Guide* encouraging balanced contents from the four food groups and cold packs to keep food chilled below 5°C.

- **Safety Screening of Home Food:** Staff check packed lunches at mealtime to ensure no nuts (we operate a strict **Nut-Free Setting**), fizzy drinks, sweets, or uncut choking hazards (such as whole grapes) are consumed by children. Any unsafe items are safely set aside and discussed respectfully with parents at collection.
- **Multilingual Cultural Celebrations & Birthdays:** As a multilingual nursery, we celebrate diverse cultural festivals through shared music, storytelling, and healthy food exploration. For birthdays, we celebrate with special songs, crowns, and stickers rather than cakes or sweets.

8. Mealtime Environment & Curriculum Integration

- **Positive, Pressure-Free Mealtimes:** Staff sit alongside children during meals to model healthy eating, encourage conversation in English and children's home languages, and foster independence (pouring water, serving vegetables, clearing plates). Children are never forced, bribed, or pressured to finish food, and food is never used as a reward or punishment.
- **Growing & Cooking Curriculum:** Through our *Little Hoglets Gardeners* planters at the Wolseley Trust Community Garden and nursery cooking sessions, children plant, harvest, prepare, and taste fresh herbs and vegetables—learning where food comes from and developing positive lifelong habits.

Policy Adoption & Leadership Sign-Off

Nursery Manager & DSL: Cristina Zolde	**Signature:** _____	**Date:** _____
First Aid & Medical Lead: Irina Matei	**Signature:** _____	**Date:** _____