



Hellingly Preschool's Healthy Eating Policy

Promoting a Healthy Start for Life

1. Introduction

At Hellingly Preschool, we are committed to supporting the health, well-being, and development of every child. We recognise the critical role that nutrition plays in early childhood and aim to foster healthy eating habits that last a lifetime. This policy sets out how we promote good nutrition and eating behaviours, in line with national guidance — including the updated Department for Education (DfE) food and drink expectations to be in place by September 2025.

2. Aims

- To provide nutritious and balanced meals and snacks that support healthy growth.
- To encourage children to explore and enjoy healthy food choices.
- To support families in establishing consistent healthy eating practices at home and in the setting.
- To follow up-to-date national guidance including Eat Better, Start Better and the new DfE food and drink standards.

3. Food Provided by Preschool

All breakfast and snacks are provided by the preschool (unless a prior agreement has been made with the manager) to ensure that children are:

- Exposed to a wide variety of healthy foods.
- Encouraged to try new tastes and textures in a supportive environment.
- Participating in a peer-influenced approach to food tasting, where seeing peers enjoy foods can reduce anxiety and increase willingness to try unfamiliar items.

This shared experience has proven to be extremely effective, especially for fussy eaters, in encouraging the exploration of new textures and reducing food-related anxieties.

Breakfasts typically include:

- Toast
- Low sugar cereal
- Semi skimmed milk, water or soya milk.
- Fresh fruit

Snacks typically include:

- Fresh fruit and vegetables
- Wholegrain crackers, crumpets, toast or rice cakes





- Cheese, yogurt or dairy alternatives
- Milk, soya milk or water.

Menu's will be available on our website or via our blossom app. If snacks are being provided from home they must meet the snack we are providing on that day within preschool, this reduces children feeling left out.

We avoid foods high in sugar, salt, or saturated fats.

4. Food from Home (Packed Lunches)

In line with the DfE guidance effective from September 2025, we ask that packed lunches do not include:

- Jelly or fruit in jelly (including pots and pouches)
- Fruit winders or concentrated fruit snacks
- Sweets, chocolate bars, or similar confectionery
- Fizzy or high-sugar drinks
- We do not have the facility to reheat foods so please do not provide foods that need reheating.

We encourage families to include:

- Carbohydrates (e.g. bread, wraps, pasta)
- Proteins (e.g. lean meats, eggs, beans)
- Fruits and vegetables
- Dairy or suitable alternatives
- All lunch boxes need to have an ice pack inside even during the colder weather to ensure food stays fresh.

Resources and ideas for balanced lunchboxes are available on various websites including eat well guide

Packed lunches should '**ALWAYS**' include;

At least one portion of fruit and one portion of vegetable everyday. Grapes, cherries and tomatoes should always be halved length ways.

- Meat or a non-dairy protein every day such as chicken, hummus, tuna or cooked egg.
- A starchy food everyday – such as bread, pitta, wraps or pasta.
- A fresh dairy food everyday (Not processed) cheese or yogurt.
- A drink of water, fruit juice, smoothie or milk can be put into lunchboxes.

Lunch boxes can '**SOMETIMES**' include;

- A meat product such as a sausage roll, party sausages (cut lengthways).
- A cake or biscuit (small lunch box biscuits such as kit kats, penguins, twix.)
- A packet of crisps.





Lunchboxes should '**NEVER**' include;

- Jelly pots or fruit in jelly.
- Fruit winders or long fruit strings.
- Any confectionary such as bars of chocolate or sweets.
- Fizzy drinks.
- Food containing nuts or nut products.

5. Celebrations and Special Events

- Any food brought in for celebrations must be pre-agreed with staff and meet allergy and health requirements.
- **We are a nut-free setting.**

6. Role of our Staff

- Staff model healthy eating behaviours and eat alongside children at lunch time.
- We promote a positive and calm eating environment.
- Food is never used as a reward or punishment.
- All staff involved in food handling are trained in food hygiene.

7. Partnership with Parents and Carers

- We share regular communication about children's eating habits, preferences, and progress via the blossom app or during parent meetings.
- We support families with advice on fussy eating, portion sizes, and balanced diets.
- Parents are encouraged to ask questions and offer feedback about food provision in the setting.

8. Food Safety and Allergies

- We follow robust procedures to manage allergies and food intolerances.
- Individual dietary needs are clearly documented and reviewed regularly.
- All children are closely supervised during meals and snacks.

9. Monitoring and Review

- This policy is reviewed annually or sooner if new guidance is released.
- We are committed to implementing the new DfE food and drink expectations by September 2025.

Adopted: September 2025

Next Review Date: August 2026

Approved by: Sara Sherrard Manager.

