



Early Years Foundation Stage (EYFS) Nutrition Guidance followed by Guildford Nursery School

For the purposes of this document Guildford Nursery School and Family Centre will be referred to as GNSFC. When we say “parent” we mean “parents and carers”.

Purpose

This summary outlines the latest EYFS nutrition guidance to help GNSFC provide healthy, balanced and safe food for all children aged 9mo+ to 5 years.

Key Principles

- **Legal Duty:** We follow the EYFS statutory requirements for food, drink, nutrition, and food safety.
- **Inclusive Practice:** We cater for all dietary, religious and cultural needs.

Food and Drink Standards

Meals and Snacks

- We provide a variety of foods from the main food groups:
 - Fruit and vegetables
 - Starchy foods
 - Protein foods
 - Dairy products
- Every main meal includes at least one portion of fruit/vegetables, starchy food, and protein.
- We provide healthy snacks (e.g. fruit, veg sticks, plain rice cakes).

Drinks

- Fresh drinking water is available at all times.
- We offer plain, full-fat milk for children aged 1-2, semi-skimmed milk for those aged 2+.
- We do not serve sugary drinks (juice, squash, fizzy drinks).

Portion Sizes & Frequency

- We serve age-appropriate portions for children.
- Breakfast is served between 8am and 8.30am for those children attending breakfast club.
- A healthy snack is provided mid-morning and mid-afternoon.
- Lunch is served between 12pm and 12.45pm.
- Tea is served at 4pm for those children attending after school club.

Special Diets & Allergies

- We record and manage food allergies and dietary needs.
- We respect and accommodate cultural or religious dietary requirements.

Food Safety & Hygiene

- We follow strict hygiene and safe food preparation practices.
- We store, prepare and serve food safely to prevent illness.

Healthy Eating Environment

- We encourage social eating and positive attitudes towards food by ensuring children are always seated when eating and that an adult is present.
- We model healthy eating behaviours.

Staff Training & Parent Communication

- We ensure all staff are trained in food hygiene, allergy awareness and early years nutrition.
- We share menus and guidance with parents.

Example Meal Plan

Meal	Example Foods
Breakfast	Low sugar cereal with fruit, milk and toast
Snack	Carrot sticks, apple slices, water or milk
Lunch	Chicken casserole, wholegrain rice, peas, water
Snack	Plain rice cakes, cucumber, water or milk
Tea	Wholemeal toast, cheese, tomato, water

For the full guidance, visit: [EYFS Nutrition Guidance \(May 2025\)](#)