



Nutrition Policy

From September 2025, Braeside @ Sunflower Day Nursery will be following the Food and Nutritional Guidance set by DFE. This document provides guidance to Early Years settings and is in the interest of supporting parents/carers and Education settings who cater for children, to ensure they receive healthy and nutritious food during the day.

Braeside @ Sunflower Day Nursery is committed to ensuring that children have the right amount of nutrients and energy whilst in attendance at our setting to promote healthy growth and development, especially if they may not have access to healthy food at home and to prevent children becoming overweight or obese. Furthermore, we wish for children to have social opportunities to promote positive eating habits that will impact on children's positive relationship with food and maintaining long term health including healthy weight and oral health.

How will this be achieved?

Braeside @ Sunflower Day Nursery will liaise with parents/carers regarding their child's individual feeding and sleep patterns on induction, this will be embedded in the care the babies receive each day wherever possible.

Key workers / key person will feed babies/children according to the child's weaning stages and respond to cues when a baby/child is hungry.

Braeside @ Sunflower Day Nursery will never over feed a child and follow the guidance of quantity to each age of the child to ensure children do not get upset tummies, vomit or gain weight too quickly.

Braeside @ Sunflower Day Nursery will share the three weekly menu with parents/carers as part of the child's induction. – See Autumn/summer menu.

Braeside @ Sunflower Day Nursery will provide food from local supermarkets or stores and will monitor and record stock, storage, preparation and service according to Safer Food, better business management.

Braeside @ Sunflower Day Nursery promise to provide a healthy well balanced diet daily, which include the four main food groups these are subject to additional charges.

- Breakfast - 9am
- Hot two course lunch – 12.00pm
- Afternoon light tea -15.00pm

Braeside @ Sunflower Day Nursery will plan meals in advance and keep cost to parent's carers to a minimum, whilst ensuring healthy and nutritious meals are on offer.

**Please note Braeside @ Sunflower Day Nursery is not in receipt of free school meals this is subject to maintained nurseries, primary and secondary schools.*

Braeside @ Sunflower Day Nursery understand that meal times can often be a struggle for some individuals due to reasons such as SEN needs, food aversions etc. We will work with parents/carers to support their child whilst at the setting and provide foods that are (safe) for their child to eat when at nursery to ensure they are receiving the same as all other children.

Braeside @ Sunflower Day Nursery will provide regular fresh drinking water and milk during the day and request that children have water only in their drinks bottles to promote good oral health.

Breast feeding, Formula and Milk

Braeside @ Sunflower Day Nursery promote breast feeding and welcome parents to setting to feed during the day or express milk to feed the babies when in setting according to their care routines.

If a baby or child is not exclusively breast fed, parents/carers are able to provide infant formula to use at setting. Parents/carers and staff must adhere to Braeside @ Sunflower day Nursery bottle, cups and dummies policy and encourage the safe transportation of formula feeds from home to setting.

- Transported from home to setting in cool bag
- Stored in a fridge
- Child's bottle should be clearly labelled with name
- Reheat bottles in bottle warmer only
- Throw away any unused reheated milk after 2 hours

Alternatively, parents can provide formula and staff will make this up as and when needed according to the babies/child feeding schedule. Braeside @ Sunflower Staff will ensure good hygiene throughout bottle preparation by [How to make up a feed - Start for Life - NHS](#)

- Washing hands
- Cleaning surfaces
- Washing bottles
- Sterilising bottles in cold sterilising unit according to manufacturer's instructions [How to sterilise equipment - Start for Life - NHS](#)
- Storing sterilised bottles in fridge labelled for no more than 24 hours
- Following instruction to infant formula to prepare feeds safely using hot water at 70oc to kill off harmful bacteria and letting it cool sufficiently

Weaning

Braeside @ Sunflower Day Nursery will work alongside parents/carers who are introducing solids to babies between 6-12 months old, alongside breast/formula feeding and only once a baby can:

- sit up supporting their own head

- co-ordinate their hand eyes and mouth so they can look at the food and put food to mouth
- Swallow food, rather than spit it out

Braeside @ Sunflower Day Nursery will prepare food the weaning stages of babies' according to [How to start weaning - Start for Life - NHS](#)

- Puree vegetable/fruit
- Smooth blended food
- Mashed food
- Finger foods

Braeside @ Sunflower Day Nursery will gradually increase the amount and variety of foods provided to children to the four different food groups

- Fruit and vegetables
- Potato, bread, rice and other carbohydrates
- Diary and alternatives
- Beans, pulses, fish, eggs, meat and protein

Braeside @ Sunflower Day Nursery will provide appropriate portion control for children aged 0-5 years old.

Allergies, Intolerances and preferences

Braeside @ Sunflower Day Nursery will gather information regarding children's allergies/intolerances before a child starts with us and we will complete a Health care plan according to the medical steps to take in an event of a reaction.

- Food allergies – Allergens to food that cause serious reactions to health, including death
- Food intolerances – Often cause stomach pain and discomfort
- All units at Braeside @ Sunflower Day Nursery have a clear set of Health and Dietary requirements clearly up in their kitchen areas. This is so all staff are fully aware of each child's allergies, intolerances and preferences to avoid mistakes happening.

For more information on allergies or intolerances please visit [Food allergies in babies and young children - NHS](#) or [Food intolerance - NHS](#)

Braeside @ Sunflower Day Nursery will not introduce new foods in setting until parents/carers have tried ingredients at home first to minimise the risk of allergic reactions.

Braeside @ Sunflower Day Nursery will adhere to the safe handling and preparation of high-risk foods according to the settings allergy management policy and in accordance with the Food Standards Agency.

Braeside @ Sunflower Day Nursery staff will complete the food hygiene training level 2 and Allergy management training every 3 years.

Braeside @ Sunflower Day Nursery will provide an alternative free from option to support dietary requirements such as;

- Vegetarianism
- Veganism or plant-based diet
- Pescatarians
- Dairy free
- Egg Free
- Gluten free
- Coeliac disease
- Religious preferences –
 - . only eating halal foods
 - avoiding pork or beef
 - keeping kosher
 - eating specific foods only on certain days.

Children with additional needs or other special diets

Some children may have specific needs because of physical or sensory issues that may require alternative methods of feeding, preparation or food that is offered to

make eating easier. Staff will gather information from parents/carers on how best to support these times and modify and adapt the environment wherever possible to support individual children at mealtimes.

Braeside @ Sunflower Day Nursery will support parents/carers whose children have food avoidance due to smells, taste or textures and work with families to ensure we modify what we have on offer as part of the menu for example some children do not like their food to be touching so will provide plates that have separate compartments.

We will encourage children to sit with their peers, but we will not pressure a child to sit and eat at the table but will make reasonable provisions for the child at these times.

If medical needs arise, it is important to have written confirmation from the child's health professional and some training may be required for practitioners about the nature and handling, preparation and feeding of foods to ensure we appropriately provide the care required.

Any specialist diets under guidance from a dietician will need to be in writing and food should be supplied to the setting to meet the child's nutritional and dietary needs. This will include all snacks, lunches, high teas and where supplements may be required.

Choking

Braeside @ Sunflower Day Nursery will prepare food safely to minimise the risk of choking, according to - [Food safety advice on choking hazards in settings - Foundation Years](#)

Braeside @ Sunflower Day Nursery will ensure that staff are sat with the children at all times supervising meals and bottle feeding, staff will be acutely aware of the signs of choking and act accordingly to preserve life. All staff will hold a full and relevant Paediatric First Aid certified that will cover first aid for choking.

Cooking with children

At Braeside @ Sunflower Day Nursery we often incorporate cooking into the settings curriculum. This is to support the children's understanding of nutrition and healthy lifestyles, safe handling, and food manufacturing and preparation. Children will be able to take the produce home at the end of the day.

Celebrations

Parents/carers are welcome to bring in sweets or cakes to celebrate their child's birthday or special events to share with their child's friends. You may also consider alternative options such as fruits kebabs/platters to promote healthy nutrition or provide stickers or bubbles as an alternative.

Braeside @ Sunflower Day Nursery ask that parents provide the ingredients list if homemade, so that we can be aware of any potential allergens or keep store bought cakes/sweets in their original packaging.

All bakery/confectionary items will send home the sweets/cakes with their friends at the end of the day.

This policy was adopted at a meeting of Braeside @ Sunflower Day Nursery

Held on (date) 06/08/2025

Date reviewed 06/08/2026

Signed on behalf of management- Rebecca Murphy

Name of manager- Rebecca Murphy

References;

[Early Years Foundation Stage nutrition - GOV.UK](https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition)

