

Healthy Eating and Oral Health Policy

Healthy Eating

All children in our care are provided with healthy and balanced meals and snacks that meet the requirements of the Early Years Foundation Stage (EYFS 2025). We encourage parents to provide a packed lunch that meets our healthy eating guidelines, including a variety of fruits, vegetables, whole grains, and lean proteins.

We provide water and milk for children to drink throughout the day. Sugary drinks such as soda and fruit juice are not provided. Dietary requirements and allergies are always accommodated to ensure that each child has access to safe and nutritious food.

Children are always supervised while eating. We follow safe food practices, including cutting grapes into small pieces, avoiding whole nuts for children under five, and ensuring meals and snacks are prepared and stored hygienically. All food is stored appropriately, with refrigeration used where required, and hot food served at safe temperatures. Handwashing before meals and good hygiene practices are always reinforced.

We work closely with parents and children to promote healthy eating habits, provide educational opportunities to encourage children to try new foods, and help them understand the importance of a balanced diet.

Oral Health

We promote good oral health for all children in our care, in line with EYFS 2025 requirements. This includes teaching children about tooth-friendly snacks, the importance of brushing teeth twice daily, and encouraging regular dental check-ups.

We discourage the consumption of sugary foods and drinks, and we encourage parents to provide healthy snacks such as fruits, vegetables, and whole grains. Leaflets and information may be shared with parents to support good oral health routines at home.

Toothbrushing is not carried out on-site, but we support parents in maintaining effective routines at home. Children are given opportunities to learn about brushing techniques and oral hygiene through stories, activities, and discussion.

Partnership with Parents

We believe in working in partnership with parents and carers to promote healthy eating and oral health. We share information on nutrition, safe eating practices, and oral health guidance from the NHS and Sutton Council. Parents are encouraged to discuss any concerns about their child's diet, oral health, or eating habits with us.

Review and Update

This policy is reviewed annually, or sooner if EYFS requirements, health guidance, or Sutton Council policies change. Updates are shared with parents and carers.