



Welcome to Nursery





The Best start is a healthy start –

At nursery we want to

- Help children build a strong relationship with food and make the right choices from the start.
- From September 2025, there is a new requirement in the Early Years Foundation Stage (EYFS) statutory framework that early year's providers 'should' have regard to the new nutrition guidance on GOV.UK.
- Ensure children get the correct amount of nutrients at a point when they are growing rapidly.



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- Ensure children don't consume too much food, which may lead them to become overweight or obese.
- Therefore, to follow these guidelines we are asking all parents to –
- Provide a carbohydrate and a piece of fruit each day for snack. Items may include a small sandwich, breadstick or cracker. No sweet carbohydrates are allowed. (pain au chocolat, brioche etc) This should be in a small named box. We will provide them with a choice of milk or water.



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- At lunch time you should avoid lunchables or any processed food. A sandwich, pasta salad, crackers and cheese, fruit, crisps, yoghurt, either a piece of cake or a biscuit bar are suitable examples. They also need a water bottle if staying for lunch, they are allowed squash at mealtimes.



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- If your child has allergies or specialist dietary requirements, please see a member of staff.
- Thank you for supporting nursery with your child's healthy eating.





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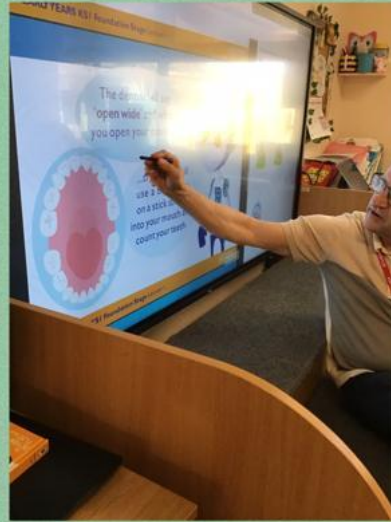
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