



Nutrition Policy

Mission

To ensure that Minibugs provides balanced, nutritious and age-appropriate meals and snacks for all children at nursery in line with the latest Early Years Foundation Stage (EYFS) Nutrition Guidance (DfE 2025).

This policy has been created in partnership with parents/carers and children to reflect statutory requirements and best practices to support children's growth development and learning.

Food and Drink Provision

Minibugs provides menus that are created termly in line with the seasons, these are available for parents/carers in the Nursery.

To ensure a safe and controlled environment at mealtimes, only food and drink provided by the nursery is permitted to be consumed by the children. Minibugs does not permit food and drink to be brought in from home.

Minibugs provides milk, water and suitable milk alternatives for the children. Where possible the nursery management team will work with parents/carers and health professionals to make reasonable adjustments to the standard drinks offered should a child require further support with their drinking.

The food and drink provided by Minibugs is included within the fees charged as per the pricing structure provided to all parents. Should a parent/carer be in a position where they are unable to pay for food or drink, please speak to the nursery manager who will support with applying for an exemption.

Dietary requirements nutrition expectation

Should a child be identified as having a suspected dietary requirement it is important that parents/carers work with the nursery to ensure the child's nutritional needs are met in line with the Nutrition Guidance (DfE 2025), which must include:

- Parent/carers keeping a diary of foods eaten at both home and the setting noting any resulting symptoms experienced.
- Parents/carers seeking advice from a health professional with home tests not recommended.
- Parents/carers avoiding cutting foods out of a child's diet without the advice of a health professional



- Parents/carers completing the relevant food dietary requirements form and accompanying paperwork as detailed in the Allergy Policy.

Minibugs are not permitted to restrict food for a suspected intolerance without the parent/carer seeking advice from a healthcare professional.

Where an allergy may be suspected Minibugs will ensure the child does not consume any food containing the suspected allergen until the parent/carer confirms that a health professional has confirmed it is safe to do so, which must be in writing from the parent/carer.

Weaning

Minibugs will follow advice and guidance as laid out on the NHS website including only introducing foods when the child is 6 months old and showing the 3 clear signs they are ready, which are being able to:

- stay in a sitting position and hold their head steady
- co-ordinate their eyes, hands, and mouth so they can look at the food, pick it up and put it in their mouth by themselves
- swallow food (rather than spit it back out)

All parent/carers of children who are weaning will be asked to complete a weaning form so that we are able to support them through their weaning journey whilst at nursery.

Children who are weaning will consume the meals made by the cook on site who will make adjustments in line with the completed weaning form. Children will not be provided with commercial baby food or drink whilst at Minibugs.

Before eating certain meals at nursery, it is important that a child has tried food containing the allergens listed on the dietary weaning form at home. Should they have not tried an allergen at home, and it is within one of the meals offered, the child will be provided with an alternative meal and the Allergy Policy is followed.

Celebrations and Special Occasions

Should a child want to bring in cake or sweets to celebrate a special occasion, they will be offered out at the end of the child's session for parent/carers to take home if they consent.