



Nutrition Policy

Bumble & Bloom Childcare · Aligned with EYFS Nutrition Guidance (April 2025)

This policy sets out how we plan and serve food and drink to promote children's health, growth and enjoyment of food, in line with the April 2025 EYFS nutrition guidance.

Our approach to nutrition

- Menus are planned in line with EYFS nutrition guidance and the Eatwell Guide, offering variety, balance and appropriate portion sizes for age.
- All meals at Bumble & Bloom are plant-based (vegan) and nut-free.
- Fresh fruit, vegetables, whole grains, pulses and plant proteins feature every day.

Milk and drinks

- Fresh drinking water is available throughout the day, indoors and outdoors.
- Fortified unsweetened plant-based milks (e.g. soya, oat) are offered from age one, following parental preference.
- Sugary drinks, squash and fruit juice are not served.

Reducing sugar, salt and saturated fat

- No added sugar or salt is used in home-cooked meals for children under one.
- Salt is used minimally in cooking for children over one and is not added at the table.
- Sweet treats, biscuits and puddings are limited and, when offered, are lower-sugar recipes.

Vitamin and mineral needs

- We follow current guidance on Vitamin D supplementation and encourage families to give recommended daily supplements.
- Fortified breakfast cereals, wholegrains, pulses, tofu and calcium-set foods are used regularly to support iron, calcium, B12 and iodine intake.

Menu planning and rotation

- Menus are rotated on at least a four-week cycle and updated seasonally.
- Menus are shared with parents in advance and any changes flagged.
- Feedback from children and parents helps shape future menus.

Mealtimes as learning opportunities

- Children help set the table, serve themselves where safe, and talk about the food.
- Adults model positive eating and language around food, avoiding labelling foods as 'good' or 'bad'.

Review

- This policy is reviewed at least annually and whenever national nutrition guidance changes.