Five Spires Early Years Update
Supporting Healthy Eating Together

Dear Parents and Carers,

We hope you and your children are settling well into the new school year! We'd like to share some important updates about food and nutrition in our Early Years setting. From September 2025, the Government has introduced new statutory guidance for the Early Years Foundation Stage (EYFS) on nutrition, which we are now implementing here at Five Spires.

What's New?

The new guidance asks all early years settings to make sure children are offered healthy, balanced and nutritious food – whether it is provided by us or brought in from home. This covers everything from snacks and drinks to lunchboxes. We'll be working closely with you to encourage healthy choices and to create a positive, happy food environment for all our children.





What This Means for You

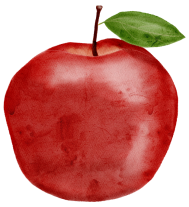
We'll be introducing a simple nutrition policy that outlines:

- What kinds of snacks and lunchbox items are encouraged
- Foods we ask you to avoid (e.g. high-sugar treats and drinks including squash, fruit juices and smoothies)
- Guidance around birthdays and celebrations (we ask that sweets and cakes are not sent in)
- How we support children with allergies or dietary needs
- Choking risks (whole grapes, popcorn, whole cherry tomatoes)
- Our promise on creating calm, enjoyable and sociable mealtimes

Working Together

We know that every family is different and that children often have their own likes and dislikes when it comes to food and drinks. We're here to support you with this. If you have any questions about food choices, allergies, or cultural preferences, please don't hesitate to chat with a member of the team.

Coming Soon



Look out for:

- A Healthy Lunchbox Guide
- A Nutrition Policy
- More information on the four main food groups
- Easy healthy snacks to try at home
- Fun food activities in school, including tasting new fruits or vegetables and preparing simple snacks

Together, with your support, we can make sure every child has the happiest and healthiest start in life.

Warm wishes,
Mrs Rebecca Preston EYFS Lead & The Five Spires EYFS Team

