



St. John the Evangelist Catholic Academy

"Lord be thy word my rule."

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Dear Parents and Carers,

We are writing to inform you about an upcoming change to the food and drink we provide at our setting.

As part of our ongoing commitment to the health and wellbeing of all children in our care, we are updating our menu to align with new government guidance on nutrition for early years settings. This follows a change to the **Early Years Foundation Stage (EYFS) statutory framework**, which sets the standards for learning, development, and care for children from birth to five years old.

From **September 2025**, early years providers like ours will be expected to **follow new nutrition guidance** issued by the government. This forms part of the safeguarding and welfare requirements of the EYFS framework and means we must ensure that all meals, snacks, and drinks we offer are **healthy, balanced, and nutritious**.

These changes are not just about meeting legal requirements—they're about helping children develop good eating habits, supporting their physical growth, and laying the foundations for a healthy lifestyle.

You may notice some changes to the food we offer over the coming weeks and months as we implement this guidance. We will continue to cater for dietary needs, allergies, and cultural preferences, and we welcome any questions or feedback you may have.

What to Include in Your Child's Lunch Box – A Healthy Start

We want to ensure all children have the energy and nutrients they need to learn, play and grow. When preparing your child's lunch box, please aim to include a **balanced and healthy selection of foods**, in line with government guidelines for children aged 4–5 years.

Here are some helpful suggestions:

A healthy main item:

- Sandwich, wrap or pitta bread with a protein filling such as lean meat (e.g. chicken, turkey), egg, tuna, hummus, or cheese.
 - Try to use wholemeal or wholegrain bread where possible.
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Fruit and Vegetables:

- Aim to include **at least one portion of fruit and one portion of vegetables**.
- These can be fresh, tinned (in juice), or dried fruit (a small portion).
 - Examples: Apple slices, grapes (cut in half lengthways), cucumber sticks, cherry tomatoes (halved), or carrot batons.

A dairy or dairy alternative:

- Examples include a small pot of yoghurt (low sugar if possible), cheese cubes or a cheese stick.

A healthy snack (optional):

- A small plain scone or malt loaf.
- Avoid chocolate bars, sweets, and crisps.

A healthy drink:

- Water is best, but milk or a small carton of 100% fruit juice (no added sugar) is also acceptable.
- No fizzy drinks or squash with added sugar.

Please Remember:

- **No nuts or nut products** – we are a nut-free school due to allergies.
- Keep portion sizes suitable for a 4–5 year old.
- If including grapes or cherry tomatoes, please **cut them in half lengthways** to reduce the risk of choking.

If you require more information on the guidance, please follow this link: [Early Years Foundation Stage nutrition guidance](#)

Please see the new up-dated menu attached for our Early Years children.

By following this guidance, you'll be helping your child build healthy habits for life while supporting their concentration and energy levels throughout the school day.

Thank you for your continued support as we work to provide the best possible care and environment for your child. Any questions, please see any of the Foundation Stage staff.

Kind Regards

Miss Weston

Foundation Stage Lead
