



## Food and Drink Policy

### Policy statement

Our provision regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating with parents and children. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs and ensure that lunch packs are consistent with this approach.

### Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs in the kitchen so that all staff and volunteers are fully informed about them.
- All children must bring their own lunch to nursery each day, in a labelled lunch bag. If this is forgotten, arrangements should be made by parents to drop it off at nursery later in the morning before lunch.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

- All lunch boxes must support a healthy diet – this is discussed with parents.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- For children's birthdays, parents are welcome to bring in a birthday cake to share with the group. Parents are asked to ensure that there are no nuts or food with nut traces included. If parents would rather their child not eat any birthday cake or other sweet treats during celebrations, or if their child cannot eat such food (i.e. dairy allergy, vegan), parents should discuss this with the staff and provide alternative healthy treats (i.e. fruit bars) with their child's name on it that will be kept for such occasions.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they access water at any time during the day.
- For children who drink milk, we provide pasteurised milk.
- We inform parents about the storage facilities available in the setting.
- We give all parents information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

### *Packed lunches*

We:

- recommend that perishable contents of packed lunches contain an ice pack to keep food cool.

- inform parents that it is their responsibility to ensure that their child's food prepared so that it is safe to eat at lunchtime.
- inform parents of our policy on healthy eating.
- inform parents whether we have facilities to microwave cooked food brought from home.
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt. We discourage sweet drinks and can provide children with water or milk.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parents.
- provide children with plates, cups and cutlery at lunchtime.
- ensure that staff sit with children to eat their lunch so that the mealtime is a social occasion.
- ensure that any concerns from staff about an individual child's eating and drinking (e.g. amounts eaten, behaviour during meals) are fed back to the adult collecting the child on the same day.

### *Food Poisoning*

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

### **Legal framework**

- The Food Safety and Hygiene (England) Regulations (2013)

### **Further guidance**

- Safer Food, Better Business (Food Standards Agency 2008)
- Voluntary Food and Drink Guidelines for Early Years settings in England (2012)

This policy was adopted at a meeting of

**St. Augustine's Nursery**

Held on (date)

Signed on behalf of the Management Committee/Proprietor

Role of signatory (e.g. chairperson etc.)

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