Food and Drink

This policy is in place to promote the good health of children so that they can have healthy and nutritious meals, snacks, and drinks.

A balanced diet provides energy and ensures children are kept healthy, both physically and mentally.

We promote healthy eating by providing the right amount and variety of foods to ensure children are getting a balanced diet. We also help parents/carers to get the balance right at home.

We will ensure all those responsible for the preparation and handling of food are adequately trained and competent to do so.

We take allergies, dietary requirements, and preferences seriously and make every effort to ensure a child's needs are met.

Procedure

· We store up-to-date information about special dietary and health requirements concerning: food allergies and intolerance; religious reasons; preference for starting solid foods etc, which will be obtained before a child attends the setting.

· We promote and support healthy eating, ensuring mealtimes are a positive experience where children are encouraged to develop good eating habits.

. We promote healthy choices in food brought from home, and discourage excessive sugar/high salt items, as well as squash and other sugary drinks.

· We ensure children are adequately supervised during meal and snack times to avoid accident or injury.

· We provide advice to families who choose to bring in food from home or who may want advice around, diet, nutrition and supporting children's eating.

· Food hygiene instructions including storage and labelling is recorded in English and translated for staff/families where needed.

· All staff and families are made aware if we have a child in the setting that has a severe food allergy, which could lead to anaphylaxis, and what we are doing to prevent this.

· Staff are aware of any allergens that are present in the food prepared for children in accordance with EU Information for Consumers Regulation 2014 and detailed on www.food.gov.uk.

· Our staff ensure food is stored safely to avoid cross contamination.

· We are aware of our responsibilities under food hygiene legislation. This includes registration with Local Authority Environmental Health Department.

· All meals, snacks and drinks are healthy, balanced, and nutritious.

· Fresh drinking water is available, and accessible to all children at all times.

· Food preparation areas are adequately equipped and maintained to provide healthy meals and snacks, with suitable facilities and systems in place to enable hygienic food preparation and storage.

· We ensure suitable sterilisation and storage of equipment for babies.

· We encourage and support children to develop good hygiene practices, self-help skills and independence at mealtimes.

· We notify Ofsted of any outbreak of food poisoning that affects two or more children within 14 days, including incidents which occur outside of childcare business hours.

· We ensure details of food and drinks provided for children are available to parents/carers via daily diaries.

This policy was reviewed in	Signed on behalf of the nursery	Date for review
September 2026	*Elizabeth Ross-Whittall*	*September 2027*