



## Food and Drink Policy

### Statement of intent

The nursery regards snack and meal times as an important part of the nursery's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating and about the importance of good oral health.

We promote the good health, including the oral health, of all our children (revised EYFS, effective January 2024).

### Methods

Before a child starts to attend the nursery we find out from parents their children's dietary needs, including any allergies.

We record information about each child's dietary needs in his/her registration record.

We regularly consult with parents to ensure our records of their children's dietary needs – including any allergies – are up-to-date.

We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

We implement systems to ensure the children receive only food and drink which is consistent with their dietary needs and their parents' wishes.

We encourage parents to provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.

Staff show sensitivity when 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 his/her diet or allergy.

We organise meal and snack times so that they are social occasions in which all the children participate.

We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.

We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.

We have fresh drinking water available and accessible to all our children at all times (revised EYFS, effective January 2024). We teach our children how to pour water from the jug into their cup and encourage them to do so whenever they are thirsty, throughout the day.

We do not allow children to share food (this includes homemade or shop-bought birthday cakes) in order to protect those with allergies.

We provide pasteurised semi-skimmed milk for those children who can drink milk.

**See also 'Healthy Snacks and Lunches' policy and the 'Packed Lunches' doc shared in Welcome Packs**

Signed .....

Date .....