

## FOOD AND DRINK POLICY

This setting regards snack and mealtimes as an important part of the nursery routine. Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack and mealtimes, we aim to provide nutritious food that meets the children's individual dietary needs.

### Our Policy

- Before a child starts to attend the setting, we find out from parents their children's dietary needs, including any allergies. We record this information in each child's registration record, and parents sign the record to confirm that it is correct.
- All meals are freshly prepared and cooked on-site within the nursery, ensuring they meet allergy and dietary requirements.
- Yearly (or more regularly if required), we consult with parents to ensure that our records of their children's dietary needs—including any allergies—are up to date. Parents sign the updated record to confirm accuracy.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed.
- We implement systems to ensure that children receive only food and drink consistent with their dietary needs and their parents' wishes.
- Menus are planned in advance, involving children, staff, and parents in the process.
- We display menus of meals and snacks for parents' information.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar, and salt, as well as artificial additives, preservatives, and colourings.
- We include foods from a variety of cultural backgrounds, providing children with familiar foods while introducing them to new ones.
- Through discussions with parents and staff research, we gather information about dietary requirements related to religion, culture, vegetarian and vegan lifestyles, and food allergies. This information is reflected in our food provision.
- Staff show sensitivity when catering for children's diets and allergies. A child's dietary needs are never used as a label, and no child is made to feel singled out.
- Meal and snack times are organised as social occasions where children and staff participate together.
- These times are also used to support children's independence through making choices, serving food and drink, and feeding themselves.
- We provide utensils appropriate to children's ages, developmental stages, and cultural eating practices.

- Fresh drinking water is always available. Children are encouraged to independently access water by either collecting their water bottles or pouring water into a cup at the *hydration station*, located near the nursery door.
- In accordance with parents' wishes, we offer children arriving early or staying late an appropriate meal or snack.
- We inform parents who provide food for their children about the nursery's storage facilities.
- We give guidance to parents on suitable containers for food brought into the setting.
- We have clear rules about children sharing or swapping food to protect those with food allergies.
- For children who drink milk, we provide whole and pasteurised milk.

Policy written by Venus Besharati on 19.01.2026