



EYFS FOOD AND DRINK POLICY

Date of Policy	September 2023
Member of staff responsible	Chloe Swan
Role	Nursery Manager

Last Review	Significant changes
September 2025	Update to choking requirements

This policy applies to Sandcastles Nursery including 'early,' 'late' and 'wrap around care' and all staff members, volunteers and visitors in Sandcastles Nursery.

(Please note that the term 'parents' also relates to carers and those with legal guardianship of children)

Sandcastles Nursery regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

We follow these procedures to promote healthy eating within our setting:

- Before a child starts to attend Sandcastles Nursery, we find out from parents their child's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration records.
- We display current information about individual children's allergies and dietary needs in both the Nursery and school staff room to ensure that all staff members and volunteers are fully aware and informed.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs as well as their parent's wishes.
- We plan menus in advance and copies of these are displayed outside the school kitchen and are available to view on the school's website.
- We provide nutritious and balanced meals and snacks.
- We take care to not provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We provide a vegetarian alternative on days when meat and fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- We organise food and snack times so that they are social occasions in which both children and staff participate.
- 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 culture.
- Children are always within both sight and hearing of a staff member while eating and staff members are vigilant with regards to the prevention of choking and detecting signs of choking in order that rapid action can be taken if and when needed.
- A staff member with a valid Paediatric First Aid certificate will always be present in the room when children are eating.
- Children bring water bottles into the setting however, fresh drinking water is available and accessible to children at all times. The children are informed about how to obtain the water and know that they can ask for water at any time of the day.
- For children who drink milk, we provide whole pasteurised milk.

Early, Late and Wrap Around Care:

For those children who arrive at the setting before 8.30am and who stay after 4.30pm, breakfast and tea is available.

- Breakfast and/or tea will take place in the Turtle Room.
- Designated staff members have undergone training in food preparation and hygiene. Further guidance on food preparation can be obtained from PHE (2017) at

<https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>

- All surfaces will be thoroughly cleaned with antibacterial cleaner/wipes before and after breakfast.
- Food and utensils will be stored away safely and securely.
- Any perishable food will be stored within the fridge.
- Waste food is disposed of daily.
- Children do not have unsupervised access to the food preparation area.

Cooking Activities:

When children take part in cooking activities they...

- Are supervised at all times.
- Understand the importance of hand washing and simple hygiene rules.
- Are kept away from hot surfaces and hot water.
- Do not have unsupervised access to electrical equipment such as blenders and mixers.

Risk assessments are carried out by staff members to ensure children's safety at all times.

Legal Framework

Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs