



Food and drink Policy

September 2025

DOCUMENT CONTROL

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Please note that a record of the changes made to the original issue of this document can be found at Schedule 1 after any Appendices to the Policy/Procedure.

Version Number:	Publication Date:	Nature of, and Reason for, Change(s)
1	September 2024	Reviewed and updated
2	September 2025	Reviewed in line with EYFS Safeguarding reforms

Policy Statement

We regard snacks and mealtimes as an important part of our day. 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, which meets the children's individual dietary needs.

Procedures

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

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in the Registration Form and parents sign the form 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.
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.

- 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 display the menus of meals/snacks for parents to view.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products.
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We 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. All staff are informed of allergies in the setting.
- All staff are aware of symptoms and treatments for allergies and anaphylaxis through their 1st aid training.
- We organise meal and snack times so that they are social occasions in which children and adults 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 cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain water and that they can ask for water at any time during the day.
- In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
- We have ongoing discussions with parents/caregivers in regard to introducing solid foods, including to understand the textures the child is familiar with.
- We prepare food for each child's individual development needs and help children to move onto the next stage at a pace right for them. Using [Weaning - Start for Life - NHS](#) as guidance.
- We prepare food in a way to prevent choking, using the guidance in [Help for early years providers : Food safety](#)
- We inform parents who provide food for their children about the storage facilities available in our setting.
- We give parents who provide food for their children information about suitable containers for food.

Packed lunches

At present children are required to bring packed lunches, we:

- Inform parents of our policy on healthy eating.
- Inform parents of whether we have facilities to microwave cooked food brought from home.
- Discourage packed lunch contents that consist largely of crisps, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food.
- Provide children bringing packed lunches with plates, cups and cutlery.
- Ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

- Key workers check their children's packed lunches to check the food provided meets the requirements for each child.

Allergy Procedures

The setting will have ongoing discussions with parents/caregivers and, where appropriate, health professional to develop allergy action plans for managing any known allergies and intolerances. The information will be kept up to date by the setting and shared with all staff. All children with known allergies will have a BSACI allergy action plan completed and saved on the organisations shared drive and a hard copy available in the setting. [BSACI-AllergyActionPlan-EpiPen-OCTOBER-24.pdf](#)

Yellow – check we do this

We display the menus of meals/snacks for parents to view.

We have fresh drinking water constantly available for the children. We inform the children about how to obtain water and that they can ask for water at any time during the day.

Green – added extra this year due to new legislation

All staff are aware of symptoms and treatments for allergies and anaphylaxis through their 1st aid training. We prepare food for each child's individual development needs and help children to move onto the next stage at a pace right for them. Using [Weaning - Start for Life - NHS](#) as guidance.

We prepare food in a way to prevent choking, using the guidance in [Help for early years providers : Food safety](#)

Key workers check their children's packed lunches to check the food provided meets the requirements for each child.