

## **SAFER EATING, FOOD AND NUTRITION POLICY**

### **Statement of intent**

Our pre-school is committed to promoting the health and well-being of all children in our care by supporting parents with knowledge about nutritious lunch boxes and snacks in line with the Early Years Foundation Stage (EYFS) statutory framework and government nutrition guidelines. We recognise the crucial role of early years settings in establishing healthy eating habits for life.

### **Aims**

- To ensure all children receive a healthy, balanced, and varied diet during their time in the setting.
- To support children in developing positive attitudes towards food and mealtimes.
- To ensure safer eating.
- To promote good hygiene practices and self-care around food and eating.
- To respect cultural, religious, and dietary needs, including allergies and intolerances.
- To engage families in promoting healthy eating both in the setting and at home.

### **Food Provision**

We obtain information from parents about any food intolerances, allergies and preferences before the child enters the setting. This is shared with all staff again before the child enters the setting.

We provide healthy snacks and drinks throughout the day that meet the recommended nutritional standards for children aged 0–5 years.

Snacks include a variety of fruits, vegetables, and dairy products.

Sugary foods, salty snacks, and processed items are limited and used only occasionally.

Drinking water is available to children at all times, and milk is offered as part of snack times.

### **Mealtimes**

Mealtimes are a social and enjoyable experience where staff sit facing the children so that they can intervene in case of choking or allergic reactions. Staff will also model good eating habits and encourage conversation.

Children are encouraged to try new foods and develop independence in feeding themselves.

Staff support children in using cutlery and promote positive table manners.

We follow safe food hygiene practices and ensure all staff involved in food handling have appropriate training.

All staff are aware of any child with any food intolerances or allergies.

### **Dietary Requirements**

We work closely with parents/carers to accommodate all dietary needs, including allergies, intolerances, and cultural or religious food preferences.

All staff are informed of children's dietary requirements and allergies, and a clear system is in place to prevent cross-contamination. Allergen information is clearly displayed and updated as needed.

### **Allergy Action Plans:**

For children with allergies, we will create and maintain an allergy action plan in collaboration with parents and healthcare professionals. The child's plan will be updated regularly, as allergies can develop at any time (please refer to the ALLERGY ACTION PLAN in APPENDIX F).

Choking Incident Reporting: Any choking incident will be documented, and parents will be informed as soon as possible.

### **Healthy Eating Education**

Children are encouraged to learn about healthy food through hands-on experiences, such as food tasting, gardening, and cooking activities. We integrate messages about nutrition and health into the Early Years curriculum through stories, role-play, and discussions.

### **Partnership with Parents**

We encourage parents to share information about their child's dietary needs and preferences. We provide guidance on healthy packed lunches. Regular communication is maintained about children's eating habits and preferences while at pre-school.

### **Review**

This policy will be reviewed annually or sooner if there are changes in statutory guidance or the needs of the children in our care.

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