



Food and Drink Policy

Healthy Eating

Good health in the early years helps to safeguard health and wellbeing throughout life. We aim to support children to learn and develop healthy habits by helping them to develop positive attitudes towards diet, health, oral health, and good hygiene.

To accomplish this, we will:

- Work in partnership with parents, identifying any special dietary requirements prior to the child attending, including particular requirements due to religious, cultural beliefs and/or health issues.
- Encourage children to bring in a healthy snack from home such as fruit, vegetables, or cheese.
- Promote good oral health through age-appropriate discussions and activities.
- Make parents aware that we are an egg free and nut free environment, due to allergies within the setting, prior to their child attending the nursery. We will also send out regular reminders of this via newsletters.
- Staff will sit with the children during breakfast club, snack times, lunch club and 6pm club modelling appropriate behaviours to promote good table manners and social eating.
- Staff will encourage children to be as independent as possible during these times, only assisting children if they require help.
- Staff will ensure that all children wash their hands thoroughly before eating or participating in any cooking activities.
- Staff will follow good hygiene practices before and after handling food.
- All surface areas will be cleaned thoroughly before and after eating or drinking using antibacterial spray.
- To reduce risk of cross contamination staff will use disposable cloths or paper towels for cleaning surfaces.
- Drinking water will be available at all times during the sessions.
- Lunch boxes will be kept in the fridge until just before lunch.
- The fridge temperature will be documented on the daily risk assessment record.
- All staff will be made aware of any children with allergies attending the setting and the care plans in place for these children.

- First Aid trained staff complete epipen training as part of their qualification; this is updated every three years.
- Staff members who work in breakfast, lunch, snacks and Penguins (6pm pick up) will have completed training in basic food hygiene.
- We aim to raise children's awareness of good hygiene practices and healthy living. Please see our Health and Safety policy for full details
- We provide a healthy breakfast for the children consisting of:

A range of no added sugar cereals and semi skimmed milk (Shreddies, Weetabix, Crisped Rice, or corn flakes)

Wholemeal toast or crumpets with low fat plant, or vegetable oil spread and Low sugar jam (if required)

- We provide the children in our Penguins (6pm pick up) a range of healthy foods consisting of:
 - Wholemeal toast (With low fat spread, as above)
 - Crumpets with low fat spread
 - Pitta Bread (all the above with a selection of fillings/toppers – cottage cheese, tuna and low-fat mayonnaise and low sugar Jam)
 - Crackers
 - Rice cakes
 - Breadsticks
 - Low Sugar Tomato Soup, low salt & sugar baked beans or spaghetti hoops.
 - Houmous dip
 - Pepper, cucumber, and carrot sticks
 - A full range of fresh fruit including bananas, pears, apples, and oranges.
 - Cheddar cheese batons
 - Plain Greek yogurt

Please note: Penguins (6pm pick up) will not run at end of each of the three terms (Autumn, Spring and Summer)

Signed: Ruth Claydon

Date: 7th March 2025

Review: March 2026