



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 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.
- 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 snack times and lunch club, modelling appropriate behaviours to promote good table manners and social eating.
- Staff will encourage children to be as independent as possible during lunch club and snack time, 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 snack times, lunch and 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 have completed epipen training as part of their qualification; this is updated every three years.
- Staff members who work in lunch club 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

Signed: Ruth Claydon

Date: 19th October 2021

Review: October 2022