



EARLY YEARS FOUNDATION STAGE FOOD AND DRINK POLICY

Policy statement

At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Ofsted's Care Standards on Food and Drink.

Procedures

- Before a child starts nursery or school, we find out from parents about their children's dietary needs, including any allergies. This information is put on their registration form and uploaded to the FAMLY system. This information is available for room staff and kitchen staff to see. Daily forms are printed for each room to highlight if a child cannot be served something from the menu for the day.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies – are up to date.
- We share and display current information about the individual children's dietary needs and, most particularly, allergies so that all staff and volunteers are fully informed about them. The kitchen staff are aware of any dietary needs and ensure that these are met during lunch and tea.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs.
- The School's **Chef** Manager plans menus in advance, involving children and parents in the planning wherever possible. They liaise directly with any parents whose child has severe allergies.
- We display the menus of meals for the information of parents on all notice boards. It is also published under the Parents' section of our website.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered:
 - Protein for growth; and
 - Essential minerals and vitamins in raw foods, salads and fruits.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar food and introducing them to new ones.

- Through discussion with parents, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, of vegetarians and vegans and about food allergies.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of their diet or allergy.
- We organise meal and snack times so that they are social occasions in which 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 which are appropriate for their ages and stages of development.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide organic whole and pasteurised milk.
- All staff receive basic food hygiene training.
- We, as a registered provider, must notify Ofsted of any food poisoning affecting two or more children cared for on the premises. Notification must be made as soon as is reasonably practicable, but in any event within 14 days of the incident. A registered provider who without reasonable excuse fails to comply with this requirement commits an offence.