



## **Early Years Foundation Stage**

### **Food and Drink Policy**

We regard snack and meal times as an important part of the day which represents learning and social time for children and adults to enjoy together.

We will ensure that:

- We aim to provide nutritious food, which meets the children's individual needs.
- The meals, snacks and drinks we provide will be healthy, balanced and nutritious
- We provide fresh drinking water, that is, available and accessible at all times and encourage children to ask for water at any time during the day
- Before a child is admitted to the setting we will obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements
- We record and act on information from parents and carers about a child's dietary needs and ask parents to sign the record to signify that the information is correct
- We make parents aware that it is their responsibility to inform us of any allergies their child may have or develop and up update us with any information regarding Food and Drink
- We provide an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary
- We provide suitable facilities for the hygienic preparation of food for children, if necessary including suitable sterilisation equipment for babies' food.
- We are confident that those responsible for preparing and handling food are competent to do so and all staff involved in preparing and handling food will receive training in food hygiene and notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as reasonably practicable but in any event within 14 days of the incident

- We implement systems to ensure that children only receive food and drink which is consistent with their dietary needs and their parent’s wishes
- Extra care is taken in the preparation of food for children with an identified food allergy
- Where parents supply the children with a packed lunch, we will inform them about appropriate food content
- We plan menus in advance, where possible involving children and parents in the planning and follow nutritional recommendations and display menus of meals and snacks for the information of parents
- We use meal and snack time 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 stage of development, and which take into account the eating practices of their cultures
- We have rules about children sharing and swapping their food with one another in order to protect the children with food allergies
- We provide semi skimmed milk and water as an alternative
- We comply with food hygiene legislation including registration with Rutland County Council Environmental Health Department
- Staff receive basic food hygiene training to enable them to handle and serve food safely

<b>This policy was adopted on</b>	<b>Signed on behalf of setting</b>	<b>Date for review</b>
<i>08/09/20</i>	<i>K.Shephard</i>	<i>September 2021</i>