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## FOOD AND DRINK POLICY

Adopted March 2023

**Statement of Intent:** The nursery regards snack and meals times as an important part of the nursery's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

**Aims:** 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 the Early Years Foundation Stage.

### Methods:

- Before a child starts attending the nursery, we find out from parents their dietary needs, including any allergies.
- We record information about each child's dietary needs in his/her registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including allergies - are up to date.
- We display current information about individual children's dietary needs, so that all staff and volunteers are fully informed about them. Any children with an allergy or dietary requirement will be asked to complete a health care plan.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We display information for parents regarding the contents of snacks and mealtimes on a weekly basis.
- We provide nutritious snacks and meals, containing fruit, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives, and colourings.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We consider of this information in the provision of food and drinks.
- 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 his/her diet or allergy.
- We organise meal and snack times so as they are social occasions in which children and staff participate.

- We use snack and mealtimes 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, and which take into account of the eating practices in their cultures.
- 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 point throughout the nursery day.