

## Food and drink

### Aim

We regard snack and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

This policy should be read together with the Food Hygiene policy.

### Procedures

We follow these procedures to promote healthy eating in our setting.

Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies (see the Allergies and Food Intolerances policy) and have regard for the food ladder.

- We record information about each child's dietary needs in the Admissions Form and parents/carers sign the form to signify that it is correct. This is checked and updated annually.
- Parents/carers share information about their children's particular dietary needs and allergies with staff when they enrol their children and on an on-going basis with their key person. This information is shared with all staff who are involved in the care of the child.
- We take into account every child's individual development needs and work in partnership with parents/carers to help children to move on to the next stage with regard to weaning as per the guidance listed below.
- Woodland Corner ensures that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and the differences between allergies and intolerances which may develop at any time.
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs, as well as their parents'/carers' wishes.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings, which promote health and reduce the risk of obesity and heart disease that may begin in childhood.
- Pre-School has a rolling snack or group system which is available to the children during morning and afternoon sessions. Children are seated and supported by a staff member. We record which children have had their snack to ensure that no child misses their snack. If staying for lunch, children bring a packed lunch.
- Children attending breakfast and/or after school sessions are offered food and drink.
- Snacks are provided for children attending our Holiday Club. All children are requested to bring a packed lunch for the day.
- We ensure that children are supervised at mealtimes and that children are within sight and hearing of a member of staff at all times and where possible staff are sat facing children when eating to ensure they are eating in a way that prevents choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
- We ensure that there is a qualified Paediatric First Aider present in all rooms when children are eating.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.

- We show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and adults participate. Adults sit with the children to eat their lunch.
- We use meal and snack times to help children to develop independence.
- We provide children with utensils that are appropriate for their ages and stages of development and that take 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 time during the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide semi-skimmed milk or oat milk.
- We notify Ofsted of any food poisoning affecting two or more children in our care as soon as possible and at least within 14 days.
- Risk assessments are conducted for each individual child who has a food allergy and intolerances or specific dietary requirement.
- If a child chokes at mealtime and intervention is given. We record details of the incident and ensure that parents/carers are informed.

#### *Packed lunches*

For packed lunches we:

- request parents/carers include an ice pack to keep food cool as packed lunches are stored on an un-refrigerated food trolley;
- inform parents of our policy on healthy eating;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.

#### *Celebration foods:*

- we check allergens of any items brought in by parents/carers for children to share ie birthday cakes

### **Legal framework**

Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.

Food Information Regulations 2014

The Childcare Act 2006

This policy was adopted at a meeting of	Woodland Corner
Held on (date) 11 <sup>th</sup> March 2026	
Signed on behalf of the Management Committee	Jess Brown
Role of signatory (e.g. chairperson etc.)	Chairperson
Review date	March 2027