



# Food and Drink Policy

**TO BE REVIEWED BY THE GOVERNING BODY**

## Food and Drink Policy

*The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill – EYFS legal requirements*

## Aim of policy

**Promote the good health of children through providing a healthy, balanced and nutritious snacks and drinks in an environment that promotes healthy choices.**

### **Procedure**

- **Somerville Nursery School is committed to being a Health Promoting Early Years Setting, having achieved accreditation.**
- **All food hygiene matters will be included in staff induction and training for all staff.**
- **We will advise Ofsted immediately of any food poisoning affecting two or more children looked after on the premises.**
- **When parents register with the school, information will be taken which will include their child's specific dietary needs, their likes and dislikes, any allergies which may be triggered by certain foods/drinks. Cultural and religious diets will be respected and valued.**
- **Staff will be given information about the specific dietary needs of the children in Somerville Nursery School. Whilst this information is confidential to Somerville Nursery School it is essential that everyone involved in the handling, preparation and serving of food ensures that each child's specific requirements are met.**
- **Water is to be accessible throughout the day in Somerville Nursery School (both indoors and outdoors). Older children will be able to access the water independently. Younger children will be supported in accessing water by the staff. Toddlers will be offered drinks on a regular basis. We will ensure that children are rehydrated after exercise in hot weather, in addition to the regular drinks in the day. Care will be taken to ensure all children have regular drinks at all times.**
- **We will provide a healthy nutritious snack for the children attending Somerville Nursery School. Snacks will be developed with the support of health professionals, to ensure that we are promoting healthy eating in line with current guidance. We will ensure that religious dietary needs are sourced and prepared appropriately. We will encourage the children to enjoy the variety of diets within our communities.**
- **Children will be encouraged, where appropriate, to help prepare foods for snack times. We will grow vegetables in the garden and give the children the opportunity to sample the products of their work.**
- **We will provide a mid morning snack, and an afternoon snack during the day. We will meet the nutritional needs of individual children at all times.**

- The individual dietary needs of the children will be met, discussion with parents prompting when changes to their child's dietary needs will be implemented.

We will promote the Unicef Baby Friendly Initiative within the school. Mothers are welcome to breast feed in the school. A quiet area will be arranged for them to do this.

- Snack time in the morning and the afternoon will consist of a drink of milk and/or water with fresh fruit being offered in addition to other healthy snacks. We will not be offering biscuits unless it is to support a child's health needs, i.e. children with diabetes who may need to raise their sugar levels.
- *Staff will wash hands before preparing any snacks, using the anti-bacterial hand wash provided. Only paper towels or hand-driers will be used in an attempt to minimise cross- infections. Staff will demonstrate good practice and be positive role models for the children, students and trainees. IF WEARING FALSE NAILS, STAFF SHOULD WEAR GLOVES WHEN PREPARING FOOD. Staff will use aprons and gloves in line with good environmental health practices and will tie hair back and /or use hairnets and hats when preparing and serving food.*
- *All children will wash their hands before and after snack, supported by staff where appropriate. If parents wish their children to brush their teeth after or before snack they must provide the appropriate toothbrush and paste and storage. Staff will support children in this. We support children's healthy teeth by providing water and nutritious snacks throughout the session.*
- We will promote social eating when having snacks with all the children. Staff and children will sit together in small groups at the tables within the playrooms. It may be appropriate for a number of playrooms to come together at snack time giving older children the opportunity to be positive role models for the younger children.
- When having snack, at all times plates and appropriate utensils will be provided. We will acknowledge the differences in eating within our local community. There is no requirement for children to use a knife, fork or spoon if not being used in their own home
- Children will be involved in preparing snack, with staff capitalising on opportunities to promote skills such as matching, sorting, counting, etc.
- Children will be offered choices at snack time to encourage developing skills of independence and confidence.
- We will celebrate special occasions and birthdays and food may be part of these celebrations. Any food for such occasions will be provided by

**the school. We ask that parents do not bring in birthday cakes or sweets as we are a Healthy Eating Setting and also because some of our children may be allergic or sensitive to ingredients.**

- Parents should discuss their child's individual needs with the staff.**
- We will not use food as a reward or a sanction.**
- Tables and chairs will be wiped over with appropriate cleaning materials before and after snack. The floor must be swept and mopped if needed following food consumption. This will be the role of one team member, allowing the remaining staff to care for the children.**
- Only staff who have received Basic Food Hygiene training will be able to prepare snacks. Staff will be continually offered training to promote healthy eating from the Wirral Early Year's Team's programme of short courses. The Head Teacher will identify staff members to attend training and to share their knowledge and skills with the whole staff team.**
- The Head Teacher will identify a member of the staff team who will regularly check the useful sites in relation to keeping children healthy. Examples of which are: Children's Food Trust; [hse.gov.uk](http://hse.gov.uk); [doh.gov.uk](http://doh.gov.uk), food standards agency, health protection agency**
- Good hygiene will be practiced in all areas of the school. The kitchen and food preparation area will meet the requirements of the Environmental Health Inspectorate, who may visit at any time to ensure compliance with their regulations.**
- All food will be stored in accordance with Environmental Health Regulations, where required. Required records i.e. fridge/freezer temperatures will be kept daily and be available for inspection by the appropriate agency.**
- Somerville Nursery School is committed to the Health Promoting Early Years Programme and we will work closely with the Health Promoting Team to monitor and assure the quality of our service.**