

FINBOROUGH SCHOOL

EYFS FOOD AND DRINK POLICY

Finborough School regards snack and meal times as an important part of the setting's day.

Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating and at snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.





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

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies (see First Aid and Medicines Policy).
- We record about each child's dietary needs and display this information for all staff to see in the nursery and ensure a copy is given to the Kitchen for all catering staff to see.
- We regularly consult with parents to ensure that our records of their children's dietary needs (including any allergies) are up-to-date.
- We implement systems to ensure children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We have devised an early years menu, involving children in the planning.
- We display the menus for the information of our parents.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preserves and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant when we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about dietary rules of the religious groups of which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account 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 that they are social occasions in which children and staff all 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 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.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide pasteurised milk.
- Staff serving snack all hold a current and relevant food hygiene certificate.

As an Ofsted registered provider, in situations involving EYSF pupils and the school will notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be made as soon as it is reasonably practicable, but in any event within 14 days of the incident occurring. A registered provider who, without reasonable excuse, fails to comply with this requirement commits an offence.

Reason for Review/Amendments	Annual review August 2023
Details of changes	<ul style="list-style-type: none"> • Policy reviewed to ensure current legislation and practices are included. • Policy updated with changes to staffing responsibilities.
Date of next review	Annual review August 2024 (EYFS Governance)

Name	Position	Responsible for	Signature	Date
J Sinclair	Principal	Governance / Oversight		September 2023
L Sinclair	HR Director	Recruitment / Staff policies		September 2023
S Clark	Headmaster	Document Control and Implementation (academic staff)		September 2023
R Bridgeman	Deputy Head of Early Years	Practise and policies in EYFS		September 2023