

# Food and Drink Policy

## PLUME AVENUE NURSERY IS A NUT-FREE SETTING

### Statement of intent

Plume Avenue Nursery 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.

### Aim

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs whilst closely following the latest Government Food Safety guidelines.

<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

### Methods

- Before a child starts at the setting, we find out from parents their children's dietary needs and preferences, including any **allergies or food intolerances**.
- We consult with parents at the beginning of each term to ensure that our records of their children's dietary needs - including any allergies are up to date. Parents are requested to advise us if there are any subsequent changes.
- We hold current information about individual children's dietary needs within each room so that all 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 and preferences as well as their parents' wishes.
- We provide nutritious food at all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 

### **How to Reduce the Risk of Choking.**

When preparing food we will

- remove any stones and pips from fruit before serving
- cut small round foods; grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like apple and carrot into slices instead of small chunks
- sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- remove bones from meat or fish
- not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- not give popcorn as a snack
- not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- not give children hard sweets



Signed : *Steve Catley*

- Page 1 of 3-

Date : reviewed 13<sup>th</sup> June 2024

Food & Drink Policy  
© Plume Avenue Nursery

Policy ID : 1.19

- We aim where possible to 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 do not provide food containing nuts or nut products and are especially vigilant where we have a child or adult who has a known allergy to nuts with regard to the contents of other children's lunchboxes.
- 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 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 her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff 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 session/day.
- Where appropriate we inform parents who provide food for their children about the storage facilities available in the setting.
- Where necessary, we give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we have rules and procedures to prevent children sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk.
- During any activity that may involve food, practitioners are required to ensure children are not moving away from the activity or around the setting with food in their mouths.
- All staff are expected to role model expected practices around food - not eating during play sessions, not walking around the room with food or drinks,

#### **Packed lunches**

- At Plume Avenue we will examine lunchboxes daily and remove any products that contain nuts or other allergens if these may affect children currently attending the setting.
- We will also remove or where possible make safe any foodstuffs on the 'choking hazard' list below.
- Any items removed are taken to the office area away from the children and subsequently returned to parents/carers at the end of the session with a note advising why they have been removed.
- A copy of the Government Food Safety guidance (and the link) is provided to all parents  
<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>
- If asked, we are able to refrigerate any perishable contents of packed lunches.

- Inform parents of our policy on healthy eating.
- Inform parents we do not have facilities to microwave or otherwise heat any food brought from home.
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt or fromage frais.
- We discourage ;
  - sweets / too many chocolate based products;
  - sweet / fizzy drinks and can provide children with water;
  - 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);
- We provide children bringing packed lunches with plates and cups and cutlery where necessary / appropriate.
- We ensure staff sit with children during lunchtime so that the mealtime is a social occasion. Staff may eat their lunch with the children as long as the children's needs and welfare are not impaired.

