



St. Elizabeth's Nursery

Food and Drink Policy

We recognize that snack and meal times are an important part of the child's day. It is a social time for the children to enjoy food. We aim to provide healthy, balanced, varied and nutritious food and drink to meet the child's needs and encourage them to develop and promote healthy well-being and lifestyles throughout their life.

We meet the welfare requirements outlined in the EYFS on food and drinks.

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious

Implementation

- **Before a child starts** at St Elizabeth's we find out from parents their child's special dietary requirements, including any cultural, religious, or medical reasons; preferences or allergies. Parents complete admission forms containing this information, and discuss any dietary needs with the nursery practitioners.
- We regularly consult with the parents to keep them informed on any changes.
- We display a chart with the child's full name/photo/date of birth/ and dietary requirement in the kitchen near the food preparation area.

The following items should not be in your child's lunch box:

- **Crisps**
- **Fizzy drinks**
- **Sweets and chocolate**
- **Popcorn (choking hazard)**

Snack and meal times

- Lunches are provided by parents in a **lunch box** with any required cutlery from home.
- **The parents are informed how to cut small fruits to put in their child's lunch boxes, e.g. grapes, cherry tomatoes and berries must be cut in half.**
- **The parents are also advised to cut large fruit; e.g. melon, cucumber, carrots and other vegetable, into narrow batons.**
- At snack time we serve a large variety of food, such as: fruit, vegetable, crackers, honey and jam on toast. Fruit and vegetable are often peeled and cut into narrow baton or slices.
- Richmond Council provides us with semi skimmed milk every day.

- Snack and meals times are treated as a social event to develop healthy practice whilst maintaining good food hygiene.
- The children sit down while they eat and drink. Two children are chosen to be the fruit waiters. The drinks are served by adults.
- Food hygiene is considered uppermost. All staff members ensure high standards of hygiene when dealing with food and drinks.
- The children have a routine, which is adult supervised, of hand washing before eating snacks, before lunch time, before cooking activities
- Practitioners /manager are available at the end of the session to inform the parents of any difficult experience during mealtimes.
- All members of staff have a valid food safety certificate (assessment – July 2022)

Allergies and Intolerances

We are a nut free nursery. We would ask you to take extra care when packing your child's lunch box and ensure that these items are not included. This includes:

- **Peanut butter sandwiches**
- **Nutella sandwiches**
- **Snack bars containing nuts**

Drinking water

We encourage and support children throughout the day.

- Children have access to drinking water at all times throughout the day. Children can ask for water; an adult will provide a clean cup which will be washed after single use.
- The cups are washed at the end of each day in the dishwasher. The dispenser is emptied at the end of the day and refilled with fresh water every morning and throughout the day.
- A dishwasher is used to wash all cups, plates and cutlery etc.

Curriculum

- As part of the curriculum we discuss healthy practices, including the need to drink plenty of water, particularly after physical exercise and during hot weather.
- We also discuss healthy eating. We help children to understand why some foods are healthy and others are not and how to make choices.
- Children participate in lots of cooking activities throughout the year and also grow some vegetables in our garden.
- They are encouraged to try food from a range of cultures, (respecting parental views and taking into consideration children's dietary requirement).

Policy dated June 2025