

# Promoting health and hygiene

## 2.4 Food and drink

### Policy statement

We regard snack and meal times as an important part of the settings' routine. Eating represents a social time for children and adults and helps children to learn about healthy eating and oral hygiene. At snack and meal times we encourage parents/carers to provide nutritious food which meets the children's individual dietary needs.

### Procedures

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

- Before a child starts to attend the setting we find out from parents/carers their children's dietary needs and preferences, including any allergies or food intolerances. This must be an ongoing dialogue and we request an allergy action plan where appropriate. Should such allergies require restricted foods within the nursery (e.g no nuts) all other parents/carers will be informed. Non-compliant foods may be removed from lunch boxes and parents will be reminded about restricted foods.
- We display current information about individual children's dietary needs so that all staff and volunteers are aware of them.
- Where we provide food and drink (i.e. Forest School sessions and snack times) we ensure that children receive only food and drink that is consistent with their dietary needs, and with regard to the 'Early Years Foundation Stage Nutrition Guidance'.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Fresh drinking water is available and accessible at all times whilst on nursery premises.
- In order to protect children with food allergies, we do not allow children to share and swap their food with one another.
- For children who drink milk, we provide whole pasteurised milk (on occasion we may provide semi-skimmed if this is what has been delivered to us).

- Staff receive training in food hygiene.
- As the setting has no facilities to refrigerate lunch boxes, we encourage parents/carers to include an ice pack in their child's lunch box.
- We inform parents/carers to have regard for healthy eating and oral hygiene.
- To support safer eating, we will have at least one member of staff with a valid paediatric first aid certificate sitting with the children whilst they eat. We seek to have higher than minimum ratio staffing numbers at meal times.
- If a child experiences a choking incident that requires intervention we will record details of where and how the child choked and ensure that parents/carers are informed.

Policy updated 31/07/2025

References: [Early Years Foundation Stage nutrition guidance](#)