

Food and Drink Policy



Approved by: Nazmon Hannan

Last reviewed on: March 2026

Next review due by: March 2028



Policy Statement

At Jan pre-school, we are committed to supporting every child's health, well-being, and development by promoting good nutrition and healthy lifestyle habits from the very start. Our food provision supports optimal growth, development and learning. We work in partnership with parents, staff and local health professionals to ensure high nutritional standards. Our policy aligns with [Nutrition Matters for the Early Years](#).

We follow the EYFS 2025 statutory requirements and the Early Years Nutrition Guidance (April/May 2025). Good nutrition in childhood is essential for healthy growth, brain development, and the formation of lifelong habits. This is also a vital time for healthy tooth development and prevention of decay. General eating habits and patterns are formed in the first few years of life. Poor nutrition during these years is associated with an increased risk of obesity, hypertension, diabetes and coronary heart disease. Therefore, as an early year setting, we have a key role to play in introducing children to a wide variety of healthy food, meals and snacks. We help children to develop a healthy relationship with food that supports their overall development and well-being now and in the future.

Aims of the Policy

- To provide children with safe, age-appropriate, and nutritionally balanced meals and snacks.
- To promote healthy growth, cognitive development and emotional well-being through balanced nutrition and hydration.
- To ensure inclusivity by meeting cultural, religious preferences, ethical and medical dietary needs, e.g. allergies.
- Create a safe and inclusive environment that supports breastfeeding, bottle feeding, and weaning.
- To build strong relationships with parents and families around food, feeding and healthy routines.

Safe Eating Practice

We ensure that a paediatric first aid-trained staff member is present whenever children are eating. Meals and snacks are served in a safe environment, with children seated appropriately and supervised closely to prevent choking. Food is prepared and presented in a way that is suitable for the child's age and stage of development.

Any incidents involving choking or near misses are recorded, reviewed and shared with parents or carers. We work with parents to develop and maintain allergy action plans where required.

Allergens and Dietary Management

Before a child starts, we collect detailed information on their dietary needs, preferences, allergies and intolerances. This information is accessible to all relevant staff and is reviewed regularly. We take steps to prevent cross-contamination and ensure that allergen information is shared clearly with parents.



Food Provision and Menu Planning

We provide:

- Breakfast, two meals and two snacks daily, all freshly prepared on site.
- Meals are based on the [Eatwell](#) guide and Early Years Nutrition guidelines.
- A two-week rotating menu that includes a variety of fruits, vegetables, whole grains, protein sources and dairy or alternatives
- Our menu is designed to meet the specific needs of children aged 0-5.
- Our menus are displayed on our parents' notice board and online on our nursery setting page on the website for children and parents to view.
- We review our menu termly and adjust seasonally based on nutritional guidance and training
- Water is available throughout the day.
- Milk is served as a drink at snack time.

Foods We Limit or Avoid

- No added salt or sugar in meals or snacks.
- No processed meat products, e.g. sausages, nuggets, unless low salt/fat and served infrequently.
- Low-fat or diet products, as young children need the extra calories from fat to grow and develop properly.
- No confectionery, cakes, crisps, or fizzy drinks.
- Food containing artificial sweeteners, colours, or preservatives is unsuitable for children.
- We do not serve peanuts and products containing them. Whole nuts are unsuitable for children under 5 years old due to the risk of choking.

Portion Sizes

We follow the recommended age-appropriate portion sizes outlined by Nutrition Matters for the Early Years and the Children's Food Trust.

Children are encouraged to listen to their bodies, and second helpings of fruits and vegetables may be offered. We never pressure children to eat but encourage them to eat well.

To support healthy eating and nutrition, we:

- One snack between meals at a regular time.
- Give lots of praise and encouragement for good eating.
- Maintain a routine for mealtimes.
- Limit the options at mealtimes, and we offer a meal that includes at least one thing we know they like.
- Introduce new foods gently and offer just one new food at a time.
- Consider the child's sensitive palate, they may not like the texture, colour, or taste of some foods.



- Get children involved in preparing and tasting food through weekly cooking sessions.

Weaning

Weaning before six months is not recommended; however, we work in partnership with parents and carers and will follow their wishes regarding the introduction of complementary feeds.

We offer a variety of textures and flavours, including vegetables early on; avoid adding sugar, salt, and honey to food; and ensure that all weaning foods are prepared safely and hygienically.

For more details, refer to [Nutrition Matters for the Early Years](#).

Infants' Feeding and Breastfeeding

- Breastfeeding is welcomed and supported on the premises.
- Expressed breastmilk and formula are stored, handled and served safely.
- Feeding routines provided by parents are followed consistently to ensure babies feel secure and cared for.

Food Safety and Hygiene

Food is stored, prepared and served in accordance with food safety regulations. Work surfaces and utensils are cleaned and disinfected regularly, and pets are not allowed in food preparation areas. Baby changing facilities are located away from areas where food is handled.

In the event of suspected food poisoning affecting two or more children, we will notify Ofsted within 14 days and keep relevant food purchase records.

- All staff who prepare and handle food are competent to do so and receive training in food hygiene and allergy, which is updated every three years.
- All staff, children, and visitors will follow robust handwashing routines.
- Food preparation area is cleaned with antibacterial wipes after each use, and the floor is mopped everyday.
- Allergens present in any food we prepare are written and displayed in line with the [Food Information Regulations 2014](#) and shared with parents/carers.
- Children are provided with clean, age-appropriate crockery and utensils; these will not be shared and will be cleaned in the dishwasher after each use.
- Staff wear protective clothing and use suitable equipment.
- Check and record fridge and freezer temperature twice, daily.
- All food, cooked and uncooked are stored following the guidelines from [Safer Food Better Business \(SFBB\)](#).
- Pest control visits us every term to check for any pests or entry points for pests.
- The local authority's environmental health department inspects us every year, and we follow their advice.