



Food and Drink Policy

Statement of intent

Aflah Nursery regards snack and mealtimes 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.

This policy sets out how the nursery promotes healthy eating and ensures that food and drink are provided, handled and consumed safely in accordance with the Early Years Foundation Stage (EYFS).

Purpose

Whilst parents are expected to provide a packed snack, for snack time during 9-12pm session, and a packed lunch for those who will stay for the whole session or late a.m session it is expected that Aflah Nursery's healthy eating policy will be upheld. It is intended that pupils bring only nutritious food to promote a healthy lifestyle and growth.

We will achieve this by:

- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- We display current information about individual children's dietary needs 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 take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- 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 participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children. We inform

the children about how to obtain water and that they can ask for water at any time during the session/day.

- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk.

Dietary Requirements and Allergies

Before a child starts at Aflah Nursery, parents and carers will be asked to provide information regarding any allergies, food intolerances, dietary requirements, preferences and relevant health needs.

This information must be kept up to date and made available to all members of staff involved in supervising, preparing or handling food.

Parents and carers must inform the nursery immediately if their child develops a new allergy or intolerance or if there are any changes to their dietary or medical needs.

At every snack and mealtime, staff will be clear about who is responsible for checking that the food and drink being given to each child is suitable for their individual requirements.

Allergy Action Plans

Where a child has a known food allergy or intolerance, the nursery will work in partnership with parents and carers and, where appropriate, healthcare professionals to establish appropriate arrangements for managing the child's needs.

An Allergy Action Plan will be developed where appropriate and kept up to date. Staff responsible for the child's care will be made aware of the plan and any emergency procedures that must be followed.

Staff will understand the signs and symptoms of allergic reactions and anaphylaxis and the difference between an allergy and a food intolerance. Staff will also remain aware that children may develop allergies at any time.

Where emergency medication is required, this will be managed in accordance with the nursery's Administration of Medicines Policy.

Safer Eating and Choking Prevention

Aflah Nursery recognises that young children are particularly vulnerable to choking and that careful supervision during eating is essential.

Children will be seated safely and appropriately while eating. Eating will take place in a designated area where unnecessary distractions are minimised.

Children will **always** remain within sight and hearing of a member of staff whilst eating. Staff will seat themselves so that they can clearly observe children eating, identify signs of choking or allergic reaction and discourage children from sharing food.

Children will not be permitted to walk or run around whilst eating.

Paediatric First Aid During Meals and Snacks

Whenever children are eating, at least one member of staff in the room must hold a valid full-course Paediatric First Aid certificate that meets the requirements of the EYFS. Staff will know how to respond appropriately in the event of choking or an allergic reaction.

Choking Incidents

Any choking incident requiring staff intervention will be responded to immediately using appropriate first aid procedures.

Details of the incident will be recorded, including where and how the child choked and the action taken. The child's parent or carer will be informed.

Choking records will be reviewed periodically to identify any patterns, trends or common factors. Where a concern is identified, appropriate action will be taken to reduce the risk of a similar incident occurring again.

Food Hygiene

Food and snacks provided by the nursery will be prepared, stored and served hygienically. All staff involved in preparing and handling food will receive appropriate food hygiene training and must be competent to carry out their responsibilities.

Staff will follow appropriate handwashing and hygiene procedures before preparing or serving food and will ensure that food preparation and eating areas are maintained in a clean and hygienic condition.

Packed lunches will be stored appropriately during the nursery session.

Food Poisoning

Where food poisoning affects two or more children cared for on the premises, Aflah Nursery will notify Ofsted as soon as reasonably practicable and, in any event, within 14 days of the incident.

The nursery will take any additional action required by relevant public health authorities.

Partnership with Parents

Aflah Nursery recognises that effective communication with parents and carers is essential to ensuring that children's nutritional, dietary and medical needs are met safely.

Parents are responsible for keeping the nursery informed of any changes to their child's allergies, intolerances, dietary requirements, eating abilities or relevant health needs.

Where staff have concerns about a child's eating, drinking, nutrition or ability to manage foods or textures safely, these concerns will be discussed sensitively with parents and appropriate support sought where necessary.

Packed Lunches

- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt.
- Discourage packed snacks/lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- Ask parents not to pack foods containing nuts owed to the impact these can have upon those who have a severe nut allergy.
- Ask parents to label lunch boxes and beakers with pupil name.
- Inform parents that home cooked food can be heated, by staff, using the microwave oven on site.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion and is supervised at all times.
- Children must face the adults to reduce choking risks and staff must check how foods are prepared by parents to reduce the risk of choking; re-sizing foods if necessary.

Our Commitment Towards Good Oral Health

- We will ask you (parents/carers) whether your child has been registered with a Dental Practice in the early weeks of admission and encourage this with a follow up conversation.
- We will promote good oral hygiene and practices via conversations around snack/lunch times, our continuous provision eg. at small world and as role play opportunities, through our Helpful People topic (visiting dental practitioner) and targeted workshops using 'Dental Buddies' resources & 'Oral Health in EY Settings' NHS guidance.
- We will dedicate a post via our on-line learning journal (Tapestry) around the importance of good oral health, attaching the 'Dental Buddies' resources for parents to avail.
- Through daily monitoring of the contents of packed snacks & lunches, removing and returning to you food/drink items that are undesirable for good oral health.

Ofsted & Other

- The nursery will notify Ofsted of any food poisoning affecting two or more children attending the nursery, within 14 days of the incident.
- Food hygiene procedures are informed in the induction of all staff.
- All staff involved in the preparation of food or supervision of meals, is trained in 'Food Hygiene.'

Print Name: Ms. Frazana Aslam

Role: Director

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