



## Gosfield School

### EYFS Food and Drink Policy

Gosfield School regards snack and meal times as important parts of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating through our different learning focuses. At snack times we provide a healthy snack and at mealtimes we aim to provide nutritious food, which meets the children's individual dietary needs.

#### **PROCEDURES**

Before a child starts to attend Gosfield School, we find out from parents their dietary needs and preferences, including any allergies (see the Managing Children with Allergies Policy).

We record information about each child's dietary needs in her/his registration record on the school management information system.

Parents inform the school if there are any changes, and necessary updates are made to the school management information system.

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.

Staff have access to the school management information system and can view current information about individual children's dietary needs.

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.

Menus are displayed on the school website for the information of parents.

We provide nutritious food for all meals, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

We include a variety of foods from the four main food groups:

- meat, fish and protein alternatives
- dairy foods
- grains, cereals and starch vegetables
- fruit and vegetables

We are a nut free school and do not provide food containing nuts or nut products.

In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.

We provide a vegetarian alternative on days when meat or fish are offered.

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 organise meal and snack times so that they are social occasions in which children and staff participate.

Children are fully supervised throughout all meals and snack times.

We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.

All children are required to wash their hands before meals and snacks.

Children are encouraged to try everything on offer to them.

Children are offered a small second helping.

Children are encouraged to say please and thank you and to use good table manners.

We encourage the children to bring in a named water bottle each day, which can be topped up when necessary.

### **NURSERY**

For admission to the Nursery, children must be eating solid food and feeding themselves. They cannot be given bottles or formula in cups. Exceptions to this may be considered where there is a diagnosed medical condition supported by a care plan.

A balanced and healthy midday meal and two daily snacks are provided for children attending a full day. Children who attend shorter sessions are offered the meal/snack available during the session.

Fresh drinking water is readily available and frequently offered to children throughout the day. At lunchtime, children are encouraged to drink water from a cup.

Morning and afternoon snacks are available between approximately 9:15am and 9:30am and 2:30pm and 3:00pm. Snacks are low in sugar, for example, toast or fresh fruit.

Lunch is served at approximately 11.50am. A nutritious meal is followed by a dessert and accompanied with a drink of water.

Staff record how much each child has eaten and inform the parent/carer upon collection. Quantities offered take into account the age of the child.

Principal's Signature:  
Mr Rod Jackson



Date:

10/1/24