

# **EYFS Food and Drink Policy**

A UNIQUE CHILD: 1.4 Health and Well-being, 1.2 Inclusive Practice

## **Rationale**

In Queen's we believe it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We also encourage children to look at the long-term effects of a healthy and balanced diet.

We respect the different dietary, cultural and health needs of all our children.

## **Implementation of the policy in our school**

### **The senior management team must ensure that:**

- new members of staff, including students and volunteers, receive copies of the Food and Drink Policy, and that this is discussed with them during their induction meeting.
- all staff, students and volunteers are made fully aware of individual children's dietary needs and requirements.
- the Food and Drink Policy is made available to all parent and carers.
- Staff handling food have the Level 2 Award in Food Safety in Catering qualification.

### **Availability of water**

- We have fresh drinking water readily available for children and staff at all times.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- We monitor the amounts children drink.

### **Meals**

- We provide varied, healthy, regular and adequate meals.

### **Multi-cultural requirements**

- Staff respect and make arrangements for children's cultural and religious needs.

### **Special dietary needs and food allergies**

- We use sensitivity in catering for children with specific dietary needs.
- We update records of children's specific dietary requirements and keep these in a prominent place.

## **Snacks**

- We offer snacks and a drink (milk or water) at break time.

## **Routines**

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you'.

## **Social aspects**

- We sit with children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

## **Storage of food**

- Food is stored in hygienic and clean airtight containers.
- Food that needs to be kept chilled is put on the appropriate shelf in a fridge.
- Food is always eaten by its sell-by date.

## **Links to other policies**

- Organisation
- Physical environment
- Equipment
- Safety
- Health
- Equal Opportunities
- Special Needs
- Documentation

## **Children Act Regulations relating to our policy**

None apply.

## **References**

[DCSF, EYFS Sept 2008 Statutory Framework : Safeguarding and Promoting Children's Welfare p 26, 27](#)

Review: The Early Years team will review the policy every two years.

Date: February 2011

Signed: