



Food / Snack and Drink Policy

Reviewed Date: January 2024

At Bidborough Village Nursery School, we are committed to providing a healthy, balanced, and nutritious diet to all children. Recognizing the importance of healthy eating in early childhood, we adhere to stringent hygiene and food safety regulations to ensure the well-being of children and staff.

Hygiene and Food Safety

- **Cleanliness:** Staff must ensure the cleanliness of the premises and all equipment, following stringent hygiene practices to prevent the spread of infections.
- **Food Handling:** Staff handling food must comply with current food safety and hygiene legislation, including obtaining appropriate food hygiene training.
- **Hygiene Checks:** Staff are responsible for conducting daily checks for cleanliness across the premises and reporting any issues to the Site Manager promptly.
- **Hand Hygiene:** Children are encouraged to wash their hands before eating and after using the toilet. Visual reminders to wash hands are displayed prominently in kitchen and toilet areas.
- **Hygiene Education:** We actively educate children about good hygiene practices and the importance of healthy living through age-appropriate activities and discussions.

Food and Drink Provision

- **Water Access:** Children should bring a water bottle to nursery daily, with access to water ensured throughout the day. Staff will encourage children to stay hydrated and assist younger children as needed.
- **Dietary Requirements:** Upon registration, parents/carers are asked to provide detailed information about their child's dietary needs, allergies, and food preferences. This information is shared with all relevant staff to ensure individual needs are met.
- **Lunch Provision:** Children are asked to bring their lunch, which Early Years staff will prepare and serve, ensuring a communal and enjoyable dining experience. Milk or water is provided with lunch.
- **Snack Times:** Healthy snacks are provided, with a focus on fruits, vegetables, and whole grains, accommodating all dietary requirements and allergies.

Safety and Compliance

- **Designated Areas:** A specific sink is designated for dishwashing to maintain hygiene standards.
- **Food Poisoning:** In the event of food poisoning affecting two or more children, Ofsted will be informed promptly within 14 days of the incident, in line with regulatory requirements.

Policy Goals

- To promote healthy eating habits and a positive attitude towards food.
- To ensure food provided is safe, nutritious, and respectful of cultural and dietary needs.
- To maintain high standards of hygiene and food safety within the nursery.

Review and Update

This policy is subject to annual review and will be updated in accordance with changes in food safety guidelines, nutritional recommendations, and feedback from parents/carers and staff.