



## Template Food Policy for Early Years Settings

This template gives suggestions to the possible content for an Early Years Policy relating to Food. Please adjust or delete sections to personalise the policy for your setting. If you would prefer to develop a code of practice relating to food and drink, a sample can be found in Eat Better, Start Better.

There is a link to this and other reference documents in the supporting information.

**Name of your organisation:**

**Title of the policy:**

**Date policy approved and adopted:**

**Date for review:**

**Aims of the policy:**

We recognise the importance of healthy food and drink for young children, so aim to:

- encourage and support mothers who breastfeed their child. We are committed to meeting the UNICEF Baby friendly standards
- meet high standards of food hygiene and safety when preparing food and drink
- give children the opportunity for social interaction while eating and drinking
- provide healthy, nutritionally balanced meals, snacks and drinks for the children in our care
- encourage children to enjoy a varied food and drink intake, taking into account the differing cultural and religious needs of our children
- encourage children to participate in growing, cooking and sharing food
- promote the Healthy Start scheme.

*You may want to include other aims such as improving oral health or behaviour at meal times; helping children from a low income family eat better or involving family members or carers in food related activities.*

**How the policy was formulated (optional):**

*This section should include membership of any working party, the process of developing the policy and issues considered. Include how you consulted with parents and staff before reaching decisions. Eat Better, Start Better (see link in supporting information) contains a checklist you can use to identify if you follow best practice.*

**Where, when and to whom the policy applies:**

This policy applies to all children, staff, parents and carers consuming food and drink within the nursery and on trips. It also applies to people providing the food and drink.

*You may also want to include food brought in for birthdays or other celebrations.*

*Consider including what staff eat on the premises.*

*Now give more details of how you will meet the aims of the policy. You could give details as in the table below, or fill out an action plan for each aim. A sample action plan can be found in the supporting information.*

Aim	How we will meet this
Commitment to the UNICEF Breastfeeding Initiative	We support mothers who wish to continue to breastfeed their child, either by coming into nursery to give a feed, or through staff giving expressed breast milk.  We have a separate fridge to store expressed breast milk in and a policy for parents on labelling their babies milk.  We have a room which mothers wishing to breastfeed privately can use.
Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.	Food and snacks provided will meet the Voluntary Guidelines for Food and Drink in early Years settings.  Staff induction includes information about healthy food and drink for the under fives.  Children are provided with a healthy choice of snacks.  Children are encouraged to drink plain water or milk.  When cooking activities are carried out with parents, carers and their children, the same guidelines will be applied.
Those responsible for the preparation and handling of food and drink must be competent to do so.	Staff induction includes information about the safe preparation, handling and storage of food and drink.  Staff who prepare and serve food and drink have appropriate food hygiene qualifications.  There is an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary.  There are suitable facilities for the hygienic preparation of food for children, if necessary including suitable sterilisation equipment for babies' food or formula milk.

We must notify Ofsted (or the childminder agency with which we are registered) of any food poisoning affecting two or more children cared for on the premises.	Notification is made by the senior member of staff present, as soon as is reasonably practicable, but in any event within 14 days of the incident.
Providers should be aware of their responsibilities under food hygiene legislation including registration with the relevant local authority Environmental Health Department.	We are registered with XXXXX council. We have a food safety score of XX. (Aiming to reach a score of 5)
Fresh drinking water is available at all times.	Children can request a drink of water at any time. Children who are able, are informed about how they can obtain a water. Children are encouraged to drink water between meals.
We will record and act on information from parents and carers about a child's dietary needs.	We record, and inform all staff about, special dietary needs, restrictions and allergies of any child, so all are aware. We have a written menu and can inform parents of the dishes on offer and their ingredients. We will celebrate the different cultural and religious events followed by families.
If parents bring in food, for example packed lunches, we will inform them about what can be stored safely, and about appropriate food content.	We give parents bringing in food and drink, information about food safety and good nutrition. We have a fridge in which food brought in from home can be stored <b>OR</b> As we do not have a fridge in which to store food from home we will ask that food is bought in a cool bag containing frozen "bricks".
The food and drink provided, and our teaching follows the same dietary guidelines.	We do not reward children with food. While we celebrate the diversity of food available in the UK we promote the consumption of healthy food and drink on a regular basis.

### The Details (optional):

*Add here any details relating to the policy that have not been included elsewhere. You may want to add an action plan that states what you are doing and the deadlines for completion. There is a sample action plan in the supporting information.*

**Involvement of parents/carers / governors (optional):**

*Describe here your methods for involving parents, carers, staff and perhaps the wider community.*

We will keep parents, children, staff and working group informed of the policy.

We will inform families of the events we celebrate and give them ideas of what to bring for celebrations.

Children bringing in food from home will not put uneaten food in the bin; instead they will take the food home so parents can see what is not consumed.

Parents or carers wishing to bring in food for their child to eat are expected to provide their children with food and drink which conforms to the healthy eating standards.

**OR**

Children are normally expected to eat the meals and snacks provided by us.

The involvement of parents and carers will be sought through the usual contact methods.

**Other benefits of a food policy (optional):**

*You may wish to add in information about waste management, re-cycling, composting, sustainability, food miles, ethical food etc.*

- To reduce litter.
- To encourage a sustainable diet for our children and their families.
- To reduce food waste.
- There may be rules about packaging.
  - For example all food bought into nursery should be in a reusable container or bag, rather than the shop packaging.
  - All packaging will be returned home.
- All children, including those who eat food from home will be offered vegetables and fruit from the nursery garden.
- Teaching children about expected behaviours regarding meal times.

**Introducing the policy**

*You should introduce changes in agreement with parents, carers, staff and other stakeholders. Describe how you intend to do this here.*

**Assessment, evaluation and reviewing:**

*You will need to evaluate your policy to see if it has had the desired effect. You could use the sample action plan in the supporting information.*

*When you are discussing possible aims and content, keep the results of the research you carry out as baseline data.*

*Photographs and stories give strong evidence*

*Please note: children following therapeutic special diets or with special needs will be given due consideration.*

**Dissemination of the policy:**

We will inform all new and existing parents, carers, staff and governors of the policy via our welcoming information and regular newsletter articles.

The policy will be available on our website and will be incorporated into our prospectus, web page etc.

We will use opportunities such as parents' evenings and Healthy Living events to promote this policy as part of our approach to healthier eating.

All staff will be informed of this policy and will support its implementation.

**Signed:****Dated:**