

## SECTION FOOD AND DRINK September 2025

Springwood Preschool and Nursery LTD – Springwood Preschool - Copnor and Busy Bee Preschool - Denmead are required by The Department of Education to follow new guidance relating to food and drinks being provided or consumed within an Early Years setting. These requirements fall under the Safeguarding and Welfare section of The Early Years Foundation Stage 2025.

- The guidance for these new requirements can be found by accessing the link below.

### Safeguarding and Welfare Requirements

- From September 2025, early years providers must adhere to new nutrition guidance as part of safeguarding and welfare requirements.
- Providers are expected to ensure meals, snacks, and drinks are healthy, balanced, and nutritious.

[https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early\\_years\\_foundation\\_stage\\_nutrition\\_guidance.pdf](https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf)

### Setting Practice

In our settings mealtimes are an important part of our day. Eating represents a social time for our children and adults. We promote Independence and Educational Value during our meal times by ensuring our staff add language, helping children to learn about healthy eating, social interaction, table manners, independency and food nutrition.

Staff use mealtimes for conversations about where food comes from and how it grows.

Mealtimes support children's personal, social, and emotional development, such as promoting independence through serving themselves, taking turns using jugs to pour their milk/water, waiting their turn to choose their snack box from our snack trolley, choosing a piece of fruit from our fruit bowl.

It's vital children get the right amount of nutrients and energy they need while they are growing rapidly, which is especially important for children who might not have access to healthy food at home. This can help prevent children from becoming overweight or obese.

Developing positive eating habits early on for children can shape future food eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

### Our Procedures

We follow these procedures to promote safe healthy eating in our setting. We provide nutritious food, which meets the children's individual dietary needs and statutory guidance required from the DFE.

### Dietary requirements

- Springwood LTD is a **NUT FREE, NO GRAPES, NO POPCORN, NO PEPPERONI MINI SAUSAGES** provision. We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child or staff member who has a known allergy to nuts. We request small chock-able foods to not be provided, to ensure

children's food safety at all times.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies and this is recorded in your child's registration record.
  - For any known allergies, an Individual Healthcare Plan (Critical Incident Pack) and Risk Assessment **must** be completed by parent's and read by management team who share with the team before the child starts with us.
  - A Medication Record for Prescription Medicine will be provided to parent's to be used if allergy reaction will occur. Such as an epi pen, or anti-histamines.
- We consult with parents termly to ensure that our registration records are kept up to date regarding your children's dietary needs and emergency contact details.
- Parents **must** inform us about any changes to dietary or medical needs asap.
- We share information regarding children's dietary needs with all staff, volunteers and bank staff to ensure food safety at all times.
- 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. This must fit in line with Nutritional guidance requirements from the DFE.
- We support Muslim children by identify the need for extra supervision by staff for our Muslim children during mealtimes. This would ensure Muslim children do not accidentally consume pork or pork products, and the extra supervision will prevent any potential cross-contamination. This approach allows us to maintain a safe and inclusive environment without imposing a blanket ban on all families for food products they supply their children.
- We cook weekly with our children. We include foods from children's culture, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents, we obtain information about the dietary rules of religious communities.

### **Food and drinks requirements**

- Parents of children from birth to two will be informed daily regarding their food and drink intake via DOJO.
- We ask all parents to provide nutritious food for snacks and lunches, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colorings. Examples of snacks and lunches can be found on our Facebook pages along with 'What to Pack' leaflets which are placed in children's lunch boxes each term as a kind reminder for parents of our expectation's and requirements.
- We ensure that each child will be offered their snack and drink on the daily basic.
- Snack is provided between 9 – 11 a.m.
- Lunch time falls between 12pm-12:30pm

- **Drinks are accessible at all times.**

- We encourage children not to share their food with other children, and we explain the reasons – allergies, etc.
- We organize lunches and snack times so that they are social occasions in which children and staff participate.
- We organize our eat areas to ensure children have spilt into small groups, to ensure each eating pod is supervised by a member of staff.
- We use mealtimes to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day. **We do not except juice/squash/fizzy drinks.**
- We require suitable containers for your child's food. **We request ICE PACKS during the warmer months to ensure dairy and meat products are kept to the correct temperature.**
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide pasteurized homogenized whole and semi-skimmed milk.
- If requested for children 2years +, we will provide parents with daily written information about feeding routines, intake and preferences (for bottle fed children, children with poor appetite, children with any special dietary needs, etc.)
- Staff and children's hands are washed before handling food.
- When cooking with children as an activity, we will provide healthy, wholesome food's, promoting and extending the children's knowledge of a healthy diet.
- Parents will be required to provide their children with fruit or a healthy Savoury snack each session or will be required to contribute towards a snack fee.
- Snacks are healthy and provided in limited amount
- We require all preschool children to bring water bottles, which we can fill up through the day.
- Our goal is to work in partnership with parents to ensure your child has a healthy lunch.
- We understand children can be fussy eaters, we will ensure we are supportive of parents whom children are fussy eaters and advise healthy alternates to support healthy eating.
- We reserve the right to return packed lunch contents that consist largely of crisps, processed foods , sweets drinks and sweet products such as cakes or biscuits.

**Nutritional Guidance for Children Aged 1-5 Years**

## Food and Drink Guidelines Overview

- Provide fruits and vegetables at every meal, limit baked beans, and avoid dried fruit as snacks.
- Offer starchy carbohydrates at each meal and limit fried foods to once a week.
- Provide dairy and protein sources daily, avoiding high-sugar and high-fat foods.

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▪ **Introducing Solid Foods for Babies Aged 6-12 Months**

- Solid foods should be introduced around 6 months, alongside continued milk feeds.
- A variety of textures and flavors should be offered to promote healthy eating habits.
- Common allergens should be introduced one at a time to monitor for reactions.

**Recommended Drinks for Babies**

- Only breast milk, first infant formula, and water are recommended for babies aged 6-12 months.
- We require parents to avoid follow-on formula and other milks until after consulting a health professional.
- Babies are provided their milk at feeding times. Water is provided by suitable age drinking beakers provided by parents in-between mealtimes.

- Babies in feeding chairs will not be isolated and will be part of the group and supervised at all times.
- Babies are encouraged to feed them self wherever possible.
- Babies are always accompanied by member of staff who will seat with them (members of staff must not stand but sit with the child directly looking at the baby eating).

#### **Staff requirements**

- Staff are Positive Role Models.
- Staff must not consume fizzy drinks, chocolate bars, high stimulate drinks such as Powerade, Lucozade's, red bull, or other highly processed foods in front of the children.
- Staff are expected to model healthy eating habits during mealtimes. This demonstrates a consistent, positive message to children and reinforces the guidance we give to parents.
- All staff working with children are required to train in Pediatric First Aid which includes EPI training.
- All staff working with children are required to train in level 2 Food Hygiene
- All staff working with children are required to train in Food Allergy Awareness.
- In the event of a child or staff member with a service allergy, EPI training is completed by all staff during thier First Aid course.
- We require staff to show sensitivity 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.
- Hot drinks drunk by adults, are drunk in the kitchen or kept out of reach in a thermal flask.
- Staff and children's hands are washed before handling food.
- We require staff to sit with children to eat their lunch so that mealtime is a social occasion and children are monitored at all times whilst eating.
- Babies are always accompanied by member of staff who will seat with them (members of staff must not stand but sit with the child directly looking at the baby eating).

#### **• Food Poisoning**

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.