



The Butterfly Rooms (Incorporating Woodlands) LTD

Tank Hill Road | Purfleet | Essex | RM19 1TA

Registered Charity Number: 1148068 | Ofsted Number: 453859 | Company Number: 7984150 | *Limited by Guarantee*

Telephone Number: 01708 863 737

Food & Drink Policy

Policy Statement

At The Butterfly Rooms, we are committed to promoting healthy lifestyles and supporting children's growth, development and wellbeing through healthy eating and drinking practices. We recognise that early childhood is a vital time for establishing positive attitudes towards food and healthy eating habits.

We ensure that all meals, snacks and drinks provided are healthy, balanced and nutritious in accordance with the Early Years Foundation Stage (EYFS) Statutory Framework and the Department for Education's Early Years Foundation Stage Nutrition Guidance.

Aims

We aim to:

- Provide healthy, balanced and nutritious meals and snacks.
- Promote positive attitudes towards healthy eating.
- Ensure children have access to drinking water throughout the day.
- Meet individual dietary, cultural, religious and medical requirements.
- Encourage independence and good social skills during mealtimes.
- Work in partnership with parents and carers to support children's nutritional needs.

Food Provision

The Butterfly Rooms will:

- Offer a variety of foods from the main food groups each day.
- Provide fruit and/or vegetables at every snack and meal opportunity.
- Limit foods high in sugar, salt and saturated fat.
- Avoid using sweets or food as rewards.
- Ensure menus are varied, balanced and age-appropriate.
- Encourage children to experience a variety of foods, flavours and textures.

Drinks

- Fresh drinking water will be available and accessible at all times.
- Milk will be offered daily where appropriate.
- Sugary drinks, fizzy drinks and energy drinks will not be provided.
- Staff will encourage children to drink regularly throughout the day.

Special Dietary Requirements and Allergies

The Butterfly Rooms will:

- Obtain information about dietary requirements before a child starts.
- Maintain accurate records of allergies, intolerances, medical conditions and dietary preferences.
- Ensure all staff are aware of children's dietary needs.

- Prevent cross-contamination through safe food preparation practices.
- Work closely with parents, carers and health professionals where required.
- Ensure individual healthcare plans are followed.

Food Safety and Hygiene

We will:

- Follow current food hygiene legislation and guidance.
- Store, prepare and serve food safely.
- Maintain high standards of cleanliness in food preparation and eating areas.
- Ensure staff handling food are appropriately trained.
- Follow procedures for allergy management and emergency responses.

Mealtimes

At The Butterfly Rooms, mealtimes are valued as social and learning experiences. Staff will:

- Create a calm, relaxed and welcoming atmosphere.
- Sit with children where possible and model positive eating habits.
- Encourage children to serve themselves when appropriate.
- Respect children's appetites and individual preferences.
- Support the development of communication, language and social skills during meals and snacks.

Food Brought from Home

Where parents provide food:

- Parents will be encouraged to provide healthy lunch and snack options.
- The setting reserves the right to restrict foods that may pose a significant allergy risk.
- Staff will work sensitively with families to promote healthy choices.
- Celebration foods will be managed in line with our healthy eating approach.

Partnership with Parents and Carers

We will:

- Share information about menus and healthy eating.
- Discuss any concerns regarding a child's eating habits.
- Support families in understanding healthy nutrition choices.
- Work collaboratively to meet children's individual dietary needs.

Monitoring and Review

The Manager and Leadership Team will review this policy annually, or sooner if there are changes to legislation, guidance or best practice.

This policy was adopted by

The Butterfly Rooms Ltd

On

24 July 2026

Date to be reviewed

24th July 2027

Signed on behalf of the Management
committee

Name of signatory

Miss Aimee Thompson