



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

Updated Food and Drink Policy

Policy Statement

We regard snack and mealtimes as an essential part of our day, where children learn about healthy eating, sustainability, and food ethics. Eating represents a social time for children and adults, and helps children develop independence and respect for diverse diets and cultural traditions. We aim to provide nutritious, eco-friendly food that meets individual dietary needs while promoting sustainable practices.

Procedures

Eco-friendly food sourcing

- We aim to include more locally sourced, organic, and sustainably produced food to reduce our carbon footprint.
- We work with suppliers who adhere to ethical and environmentally responsible farming practices.

Reducing food waste

- We implement portion control strategies to minimize waste and encourage children to take only what they can eat.
- We promote food repurposing, such as using leftover fruits and vegetables for smoothies or soups.
- We encourage composting of food scraps to help teach children about environmental responsibility.

Plant-based alternatives

- We provide a broader range of plant-based meal options for children who follow vegetarian, vegan, or flexitarian diets.
- We educate children about the nutritional benefits of plant-based eating while respecting all dietary choices.

Allergen awareness and safety

- We ensure full compliance with the latest food allergy regulations, including clear allergen labelling and staff training in allergy response.
- We regularly review dietary needs and maintain updated records of children's allergies and dietary preferences.
- A named staff member is responsible for checking each child's food for allergens at every meal and snack time.
- Allergy action plans are developed in collaboration with parents and healthcare professionals.

Social and independent eating

- We continue to organize meal and snack times as social occasions, where children develop independence by making choices, pouring drinks, and feeding themselves.


- We teach children about food sustainability and nutrition, helping them make informed choices about healthy eating.
- Children are seated safely and supervised face-to-face by staff during meals to reduce choking risk.

Food safety management

- We follow a Food Safety Management System, such as Safer Food, Better Business (SFBB), to ensure hygiene and safety standards are met.
- Staff are trained in food hygiene and safety procedures in line with FSA 2025 regulations.

Menu planning and parental communication

- Menus are planned in advance and shared with parents to ensure transparency and accommodate dietary needs.

This policy was adopted by	The Butterfly Rooms Ltd
On	7 th July 2025
Date to be reviewed	7 th July 2026
Signed on behalf of the Management committee	
Name of signatory	Miss Aimee Thompson

