


Food and Drink Policy

Cippenham Nursery School



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| Approved by: | Full Governing Body | Date: 04/02/2026 |
| Last reviewed on: | December 2025 | |
| Next review due by: | November 2028 | |
| Updated on School Website: | 5 th February 2026 | |
| Signed: (Chair of Governors) | | |
| (Headteacher) | | |
|  | | |
| The school will review the Food and Drink policy every 3 years | | |

Cippenham Nursery School believes it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We also encourage children to look at the long-term effects of a healthy and balanced diet. We respect the different dietary, cultural and health needs of all our children. This policy follows the Early years foundation stage statutory framework on safer eating and the following guidance to support good practice:

[Early Years Foundation Stage nutrition guidance](#)

<https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety>

<https://www.nhs.uk/conditions/food-allergy/>

<https://www.nhs.uk/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

[PowerPoint Presentation](#) – Early years food choking hazards

Implementation of the policy in Cippenham Nursery School

The governors and senior leaders must ensure that:

- new members of staff, including students and volunteers, receive copies of the Food and Drink Policy, and that this is discussed with them during their induction meeting.
- all staff, students and volunteers are made fully aware of individual children's dietary needs and requirements. An up-to-date list is displayed in the kitchen and in each class area.
- the Food and Drink Policy is made available to all parent and carers by paper copies available from reception.

Availability of water

- We have fresh drinking water available throughout the school day.
- We encourage the children to pour their own drink of water or milk during snack time, with support if needed.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

Meals

- As a Nursery school we provide a healthy snack every session for every pupil.
- Children attending breakfast club are given healthy options to choose from including toast, reduced or sugar free cereals, yogurts and crumpets

- Staff adhere to the recommendations from the Food standards agency on choking hazards and food advised not to be given to children under 5 years.
- For children who attend the lunch club, all parents are encouraged to provide a healthy lunch box by giving them a Healthy Lunch Club advice sheet on enrolling. See Appendix A

The nursery works with Slough Borough Council Health Improvement Officer for children and families and Community Dental Services Oral Health Improvement Practitioner to run workshops and information sessions to support parents to make healthier choices for their child.

Supervision

- All staff at Cippenham nursery hold a full paediatric first aid certificate
- Children are fully supervised and are within sight and hearing of staff during lunch and snack time and are seated on an appropriately sized chair and table
- Nominated staff members check the children's lunch boxes prior to eating to ensure there are no foods that could be a choking hazard, a food item which could cause another child an allergic reaction e.g., nuts and the lunch is healthy.
- The number of staff supervising the children in lunch club is in line with the recommendations of the EYFS statutory guidance.

Multi-cultural requirements

- Staff respect and make arrangements for children's cultural and religious needs.

Special dietary needs, intolerances and food allergies

- We use sensitivity in catering for children with specific dietary needs.
- We update records of children's specific dietary requirements (regularly) and keep these in a prominent place in the kitchen, classroom and dining areas. Children with dietary, allergy and medical needs have a place mat detailing the information so as to alert the staff to the need and take precautions during meal times.
- We use the BASCI action plan for children and staff with allergies needing medication.
- We encourage the children NOT to share their packed lunch during lunch club & parents are advised no nuts allowed through the Healthy Lunch Club leaflet (see appendix A), regular reminders are sent through the Newsletter, notes placed in lunch boxes and posters on the lunch box trolley.

Snacks

- We offer a balance and variety of healthy snacks such as fresh salad, vegetables & seasonal fruit to provide a range of cultural and nutritious experiences for the

children. On Fridays children also enjoy toast or crackers and cheese, this is to encourage children who do not regularly visit the snack table to do so.

- We offer water or milk to drink as an accompaniment to their snack.

Routines

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you'.

Social aspects

- We make every effort to involve children in choosing and serving snacks.
- We recognise special occasions and will celebrate a child's birthday at Nursery during group times. As we are a 'Healthy School' we ask parents NOT to bring any sweets or cakes as treats. Children might like to give the children in their group a healthy treat such as dried fruit. Parents are advised in the School Prospectus on admission & also on the school website.
- We sit with children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

Storage of food (including lunch-boxes, if appropriate)

- Food is stored hygienically.
- Food that needs to be kept chilled is put on the appropriate shelf in a fridge.
- Food is always eaten by its sell-by date.
- Appropriate safe and hygienic arrangements will be made for storing lunch-boxes.
- Ofsted must be notified of any food poisoning affecting two or more children looked after on the premises. An early year's provider who, without reasonable excuse, fails to comply with this requirement, commits an offence.
- Ofsted should be informed if any child is suffering from a notifiable disease identified as such in the Public Health (Infection Diseases) Regulations 1988. Any action taken on advice given by the Health Protection Agency should be notified to Ofsted.

Responsibilities

The governing body is responsible for ensuring that the school complies with legislation

and that this policy and its related procedures and strategies are implemented. The Governing Body has responsibility for monitoring & reviewing the on-going impact of this policy.

The Headteacher is responsible for implementing the policy; for ensuring that all staff are aware of their responsibilities and are given appropriate training and support.

A senior member of staff has day-to-day responsibility for co-ordinating implementation of the policy.

Linked Policies:

Health & Safety Policy

Control of Communicable diseases policy

First aid policy

Appendix A:



Tips for a Healthier Lunchbox

NHS guidelines suggest that a **balanced** lunchbox will contain something from each of the following groups: **starch** (bread, pasta, pitta, rice, potato), **protein** (meat, fish, eggs, beans), **dairy** (yoghurt, cheese, milk), **vegetables or salad** (carrot, cucumber, peas, sweetcorn, leaf, lettuce), **fruit** (apple, banana, satsuma, pear, strawberry) and **milk or water**. Suggested by research, by

ensuring that your child's lunchbox contains these items, you are contributing to improved behaviour, concentration and performance in school! A win, win for everyone!

Part of our Healthy Lunch Club will be promoting Healthier Lunchboxes; therefore, we will have certain rules about the kinds of food we do not want in School. We are trying to educate children at a young age to eat healthily, which will help them for the rest of their lives.

Please do not include sweets, fizzy or fruit drinks, fruit juice, smoothies, crisps, salty snacks, chocolate, biscuits, cakes or jam sandwiches. These foods should only be eaten as occasional treats. If we find them in the children's boxes, they will be given back to you, for your child to eat at home.

Due to the severity of allergies, please note that we are a NUT free school. We do not allow nuts, seeds or nut-based products in the nursery at any time.

Research by the Food Standards Agency indicates that children who take a packed lunch to school are eating far too much saturated fat, salt and sugar in one meal. Making a lunch box healthier and appetising to pupils does not mean that they miss out on all the things that they enjoy eating. It is all about getting a balance and good variety of foods.

We understand that sometimes fussy eating and favourite choices of foods can make packing a balanced lunch challenging and we want to support you to ensure your child makes healthy choices. There are some great websites with lovely lunch ideas, lots of supporting information and recipe cards to help you.



Our top hints and tips

Involve your child - Allow your child to help in choosing a lunch bag. Not only are you helping to build life skills, you give them a sense of responsibility and self-confidence. Equally by allowing your child to help pack their lunch, they may be more inclined to eat it and try new things.

Stay Safe – Ensure foods are chopped to avoid choking. See overleaf for detailed information.

Don't overpack – Children's appetites are smaller than you think. To avoid overwhelming your child, try smaller portions, so that your child can eat more of what's there.

Make lunch fun – Use cookie cutters for sandwiches, cheese and cucumber slices.

Control the temperature – Thermos flasks and cool packs ensure your child's food maintains its desired temperature. Nobody wants to eat a warm yoghurt, right!

Love notes – It's a lovely idea to include a handwritten note in your child's lunch bag to remind them that you are thinking of them while they are at school.

Be prepared – The morning rush brings its own pressures, so ensuring that your child's lunch is prepped the night before can reduce the risk of just throwing things in, in a hurry.

Mix it up – Remember, variety is the key to a healthier lunchbox.



For further advice and information visit:

www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

www.communitydentalservices.co.uk/oral-health-improvement/nutrition/

Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

| Vegetable and fruits | Advice |
|--------------------------------|---|
| Pips or stones in fruit | Always check beforehand and remove hard pips or stones from fruit. |
| Small fruits | Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters). |
| Large fruits and firm fruits | Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering. |
| Vegetables | Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering. |
| Skin on fruit and vegetables | Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily. |
| Cooking fruit and vegetables | Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons. |
| Meat and fish | Advice |
| Sausages and hot dogs | Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily. |
| Meat or fish | Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat. |
| Cheese | Advice |
| Grate or cut cheese | Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible. |
| Nuts and seeds | Advice |
| Chop or flake whole nuts | Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old. |
| Bread | Advice |
| White bread and other breads | White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips. |
| Snacks and other foods | Advice |
| Popcorn | Do not give babies and young children popcorn. |
| Chewing gum and marshmallows | Do not give babies and young children chewing gum or marshmallows. |
| Peanut butter | Do not give babies and young children peanut butter on its own, only use as a spread. |
| Jelly cubes | Do not give babies and young children raw jelly cubes. |
| Boiled sweets and ice cubes | Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes. |
| Raisins and other dried fruits | Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces. |

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>
It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>
and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

