



Policy Title:	Healthy Food & Oral Hygiene Policy		
Aims: To promote and provide a healthy, balanced diet and ensure a positive influence on the nutrition and teeth of all children who attend the nursery.			
Role of Responsibility	Managing Director	Current policy owner	Kate Jones
Date last updated	September 2021	Date due for review	Sept 2022
Method of evaluation	review		

This policy is a requirement of the EYFS to meet 'Safeguarding and Welfare Requirements' and is designed to meet the voluntary guidelines contained in the Eat Better Start Better document, and subsequent good practice guidance.

We aim to provide all children with a healthy, balanced, nutritious and seasonal diet, which is suitable for each child's needs and takes into account any cultural or family preferences but also caters for children with allergies.

Children are provided with meals, snacks and drinks, which must be healthy, balanced and nutritious. Before a child is admitted to the nursery we must obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements – these should be recorded on an 'allergies and special requirements' form.

Children must not be served any food that they are not permitted to have, meeting health requirements and cultural preferences. An up-to-date list of allergies, intolerances and food preferences are displayed in a confidential place in each room and in the kitchen. Any changes to these are signed for on an 'allergies and special requirements' form, including the health professional responsible for advice (where appropriate). Food should not be reintroduced to a child until we have a signed form from the parent – to ensure that we have clear guidance. Staff must make themselves familiar with the list of children with allergies etc and must be informed of changes as they are made. It is essential that staff check the list regularly and in particular if they are to serve food to a child that they are unfamiliar with or who is not usually in their care.

Fresh drinking water must be available and accessible (with support if required) at all times.

The kitchen must be adequately equipped to provide healthy meals, snacks and drinks for children as necessary. There must be suitable facilities for the sterilisation equipment for babies' food equipment. We must be confident that those responsible for preparing and handling food are competent to do so. All staff involved in preparing and handling food must receive training in food hygiene and be able to demonstrate the required high standards of food preparation.

We must notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification must be made as soon as is reasonably practicable, but in any event within 14 days of the incident. If we, without reasonable excuse, fail to comply with this requirement, we commit an offence.



The nursery provides breakfast, mid-morning and mid-afternoon snack, 2-course lunch a 2-course tea and free access to water. We allow parents to provide their own healthy food.

Each full day at the nursery will include portions of the following;

Meat/eggs/fish/beans x 1 or 2 per day
Vegetables & fruit x 5 per day
Bread/potato/cereal/rice x 4 per day
Milk/yogurt/cheese x 2 per day (or dairy free alternative)

We encourage any food from home to contain the same food-types.

Menus, including snacks, are displayed in advance for parents to see and must display details of allergens.

Staff observe and record on the nursery system, how much each child has eaten each day.

When we provide a major menu change, or provide food as part of the planned activities or special occasions we must ensure that we continue to provide a healthy diet and all allergens are considered to ensure that no child receives food they shouldn't.

If a child has a specific dietary requirement or a dislike a suitable alternative is offered containing the same food groups. We aim for this to look similar to the food eaten by the other children, wherever possible.

Meal and snack times are viewed as opportunities to share a lovely social occasion with the children. Children sit in groups with a familiar carer at mealtimes. If staff choose to sit with the children for their own meals or snacks, they must eat only healthy food in front of the children.

Children are encouraged to serve themselves and make their own choices at meal and snack times, wherever possible. Children should be encouraged to make choices to support a balanced diet (eg also select some vegetables).

Children are given appropriate cutlery for their age and stage of development.

Milk or water is served at snack and meal times.

We are registered with the local authority environmental health team and complete the 'food matters' procedures and any other subsequent program advised by the environmental health inspector.

Allergens are clearly indicated on the menu. Food which is not on the menu (eg brought in as a result of children's interests, birthday cake, party food, picnics) can be provided, once a 'Additional or other food risk assessment' form has been completed, which guides staff through the things to consider when providing 'non-standard' food.

The nursery has a separate area for the safe preparation of baby's feeds. Food and milk provided to babies must follow the current best practice guidelines.



The nursery sources its foods from local suppliers and supermarkets, to support the maintenance of food audit trails, use-by date and freezing suitability with clear labelling and weekly deliveries.

Children's learning about healthy food is supported in daily practice, including the health benefits of a balanced diet, self-service at mealtimes and growing our own fruit and vegetables.

Oral Health

The nursery promotes good oral health in children. This starts with a healthy balanced diet with some but not excessive sugars and acidic foods.

Children are supported in understanding about healthy teeth and how some foods harm our teeth. We promote good practice in oral hygiene and encourage regular brushing and registration with a local dentist.

Where appropriate, children can clean their teeth at nursery. However, this needs to be in line with best oral health practice (for example not just before or after a meal or snack). Parents are supported to encourage and manage good oral health at home during the 'All About Me' and throughout their time with us. Should there be any indication that a child's oral health is not being supported at home, equipment will be provided for home and tooth brushing at nursery will be carried out.