

Petworth Primary Nursery

Food and Drink Policy



Reviewed:	October 2026
Next Review:	October 2028
Person Responsible:	Amy Eddy

Inspire, nurture and challenge with JOY at the heart in all we do.

Mealtimes and snacks are an important part of the day. This time is a social time for the children and adults. It helps the children learn about healthy eating. We aim to provide nutritious, healthy food, which meets the children's individual dietary needs and comply with the Food Safety Standards.

A menu is shared with the parents for the current lunch and tea menu. The food is cooked in house by our chef or practitioners- the food is homemade and cooked from raw ingredients, we ensure that it is healthy and has no added sugars and salts.

Staff Training

All staff must complete food hygiene training as part of their induction. In this training you learn about cross contamination, how to store foods appropriately, temperatures and allergy management.

This training needs to be complete before staff are able to prepare snacks and feeds for the children as well as cover in the kitchen if needed.

Snack Times

During snack times the children will be served fruit, a cracker and have the option of a cup of milk, for a milk alternative we use oat milk for children who cannot have dairy.

"Children under 12 months do not need snacks. If you think a child is hungry in between meals, offer extra milk feeds instead." (Early Years Foundation Stage nutrition guidance, May 2025)

Fruit/Vegetables

The fruit offered is seasonal and delivered twice a week so that it is fresh.

"About half a piece of fruit or a tablespoon of vegetables is a good portion size for a snack." (Early Years Foundation Stage nutrition guidance, May 2025)

The fruit is cut into manageable pieces depending on age and stage of the children. Each child will roughly have around 4 pieces of cut up fruit.

Children in the Big School / Pre-School Rooms will be offered knives to cut their snack up further themselves.

Crackers

Crackers will only be given to children who can chew safely and where this is not the case children who can handle solid food could have a similar food like crackerbread.

Petworth Primary Nursery will choose crackers that are low in salt and sugar.

Milk

- Under 12 months - Infant formula (or breastmilk) is recommended as the main drink, as cow's milk doesn't provide the right balance of nutrients for babies under 1 year.

- If the child is having formula, parents should provide a box of it for the child when they start and practitioners will inform parents when needing more
- If the child is having breastmilk parents should bring this so that it can be stored in the fridge ready for heating at a later time.
- All milk from home should be labelled with the child's name
- 12 months to 2 years - Whole cow's milk can be given as a drink, as it provides energy and nutrients needed for growth.
- 2 years+ - Semi-skimmed milk can be introduced if the child is eating well and growing normally; skimmed milk is not suitable before 5 years. Petworth Primary Nursery **does not provide semi-skimmed milk**.
- Children will be encouraged to pour their own milk during snack times when in all other rooms but baby room.

Managing allergies, intolerances and preferences

Please see the policy called Managing children with allergies, or who are sick or infectious for full information

- All children will have a placemat for main meals (Lunch and Tea)
 - Green if there are no dietary requirements
 - RED if there are dietary requirements.
- A list of the children's allergies will be displayed in the room that they attend in with photos of the children
- Make children aware of their own allergies/intolerances or preferences where age and stage appropriate

Weaning information

At Petworth Primary Nursery we understand that not all children develop at the same pace and that some children may take longer to wean onto solid foods.

On the back of each child's place mat there will be a small chart with their weaning information. It will be ticked depending on what stage the child is at. This reduces the risk of a child choking while in the care of Petworth Primary Nursery.

Petworth Primary Nursery will find out this information on all about me forms and from talking with parents at handovers. Parents are encouraged to complete parent observations on their children from home through the ParentZone app, this can be included as an observation or comment from them.

Weaning score graph

	No food - milk only
	Smooth textured foods only, fully pureed
	Can have some lumps, partially pureed
	Solid food cut up small
	Solid food straight from kitchen

☐ This child is a fast eater, puts too much food in their mouth, needs reminding to slow down.

Weaning information for all children in the room will be kept on a wall by simply using first names and having a tick list of what is safe for them.

Supervision of Children at Meal and Snack Times

- Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate.
- Staff will sit at the table with the children unless needed elsewhere immediately for another child's safety.
 - If a member of staff leaves their table they are to ask another practitioner to also watch the children on their table.
- Children will be sat in a highchair or chair correct for their height, age and stage.
- Table sizes will be kept to the adult: child ratio
 - 1:3 under 2's
 - 1:5 2 year olds
 - 1:8 children aged 3 years and above
 - Where tables are placed with more children the correct number of staff will be with the children
- Children will be encouraged to self-serve and try new foods if able. No child will be forced to eat something that they don't want to.
- When the food comes into the room the kitchen staff will handover the responsibility of the food to a member of staff in that room. Both parties will sign to say that they have handed over and taken on responsibility of the food.
 - This person is then responsible for the children getting the correct food.

Drinks

Milk and water will be the only drinks provided by Petworth Primary Nursery and children will be encouraged to drink throughout the day.

If a child will refuse to drink water and squash is brought in by parents/carers this will be placed out of sight and given during mealtimes only. Water/milk will be encouraged throughout the day.

Squash, flavoured water, and other sugary drinks are **not** provided at Petworth Primary Nursery, as they can cause tooth decay and damage developing teeth. Even sugar-free or "no added sugar" drinks often contain natural sugars and acids that can erode tooth enamel. Children's teeth are especially vulnerable, and frequent exposure to sugary or acidic drinks increases the risk of cavities.

Babies under 6 months will not be given water unless advised by parents/carers or a health professional; if water is given, it will always be **cooled boiled water**.

Babies aged 6-12 months may be offered tap water in addition to breastmilk/formula. Water will always be given cold and in an appropriate cup or bottle for the individual child.

Funded Entitlement (FE) Meals and Additional Charges

- In line with Funded Entitlement (FE) guidelines, parents/carers are not required to pay for meals as a condition of accessing funded childcare sessions.
- All funded sessions will automatically not incur a meal charge unless parents/carers choose to opt in for payment on the registration form or using the fees document that can be signed by parents.

- Where parents/carers opt in, the applicable meal charges (Lunch £3.00 per day, Tea £2.00 per day) will be clearly itemised and added separately to the monthly invoice. Where parents/carers opt out, Petworth Primary Nursery will still provide cooked meals at no additional charge during funded sessions.