



Registered Charity No. 1022409

6 Food safety and nutrition policy and procedures

Designated Health and Safety Officer is: Flora Lau

6.5 Meeting dietary requirements

Snack and mealtimes are an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs and preferences.

- Staff discuss and record children's dietary needs, allergies and any ethnic or cultural food preferences with their parents/carers. A child's special dietary requirements are recorded on registration to the preschool and information is shared with all staff. **This continues as an ongoing dialogue with all parents throughout their time at Come and Play Preschool.**
- If a child has a known food allergy, procedure 5.5 Allergies and food intolerance is followed.
- Staff record information about each child's dietary needs in the individual child's registration form; parents sign the form to signify that it is correct.
- Up-to-date information about individual children's dietary needs is displayed on our drinks trolley so that all staff and volunteers are fully informed.
- Staff ensure that children receive only food and drink that is consistent with their dietary needs and cultural or ethnic preferences, as well as their parent/carer's wishes. At each mealtime, a member of staff is responsible for checking that the food provided meets the dietary requirements for each child.
- The menus of meal and snacks are displayed on the parent notice board for parents to view. Foods that contain any food allergens are identified.
- Staff aim to include food diets from children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through on-going discussion with parents and research reading by staff, staff obtain information about the dietary rules of the religious groups to which children

and their parents belong, and of vegetarians and vegans, as well as about food allergies. Staff take account of this information when providing food and drink.

- Staff provide a vegetarian alternative when meat and fish are offered and make every effort to ensure Halal meat or Kosher food is available to children who require it.
- Where it is not possible to source and provide Halal meat or Kosher food, a vegetarian option is available; this will be discussed and agreed with parents at the time of the child's registration.
- All staff show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences. A child's diet or allergy is never used as a label for the child, they are not made to feel 'singled out' because of their diet, allergy or cultural/ethnic food preferences.
- Fresh drinking water is available throughout the day. Staff inform children how to obtain the drinking water and that they can ask for water at any time during the day.
- Meal and snack times are organised as social occasions.

Fussy or faddy eaters

It is natural for children to develop their own food preferences. Fussy eating and fear of new foods are part of a child's development. This behaviour can be helped using a simple and consistent approach. Our strategy is

- Sit children together at snack time and mealtimes. Children often adopt the food preferences of their peers if they eat together regularly
- Staff eat with children and talk enthusiastically about the taste and texture of food at mealtimes and at other opportunities
- Give children regular and repeated chances to try different snacks
- Children who are showing signs of 'strong food preferences, or aversions to food' are not forced to eat anything they do not want to.
- Staff recognise the signs that a child has had enough and remove uneaten food without comment.
- Praise children for trying new food
- Sweet desserts and puddings are not used as a reward or a punishment for eating or not eating another food
- Children are encouraged not to fill up on drink as fluid intake can reduce food consumption
- Children are not made to stay at the table after others have left if they refuse to eat certain items of food.
- Staff work in partnership with parents to support them with children who are showing signs of 'food preference or aversion' and sign post them to further advice, for example, How to Manage Simple Faddy Eating in Toddlers (Infant & Toddler Forum)

<https://infantandtoddlerforum.org/health-and-childcare-professionals/factsheets/>

This policy was adopted on

6th September 2025

Date to be reviewed

6th September 2026

Signed by committee chairperson

Signed by preschool manager
