



Seedlings Nursery & Pre-School
at
Great Horwood Church of England School

Drink and Food Policy
September 2025

This policy was adopted on: 21 January 2026

Date of next review: January 2027

Signed: P.M. Shaw

Our Vision

'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.' John 15:5

At Great Horwood Church of England School, the academic, emotional and spiritual well-being of all individuals is at the heart of all that we do; where everyone is valued. We are a safe, welcoming school within the heart of the village community that aims to provide all our children and adults with the learning opportunities to flourish, be healthy, grow in resilience and realise their full potential; being fully equipped and prepared for a successful future.

Inspired by Christian faith and rooted in the teachings, values and spirituality of the Church of England we embrace our core values of love, perseverance and respect where all individuals learn to value themselves and others.

We are committed to setting high standards of achievement within a caring and nurturing learning environment. We aim to provide opportunities for children to develop a curiosity of learning, a thirst for knowledge through play, and an exploration of the world around them.

Seedlings Nursery & Pre-School Food and Drink Policy

Seedlings Nursery & Pre-School regards mealtimes as an essential part of the day, promoting health, wellbeing, and social development. We are committed to providing healthy, balanced, and nutritious meals and snacks in line with the EYFS statutory framework (2025) and DfE Early Years Nutrition Guidance.

To ensure consistency, safety, and compliance:

- Seedlings provides all food and drink for children. This supports allergy management and guarantees that all meals meet EYFS and DfE nutritional standards.
- We guarantee a hot, freshly prepared lunch every day, cooked on-site by Chartwells Catering.
- A high tea is provided by Chartwells and supplemented by Seedlings Nursery.
- Nutritious snacks and drinks are offered throughout the day.
- Menus reflect cultural diversity and individual dietary needs.

Legal and Regulatory Framework

- EYFS requirement: *“Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.”*
- From September 2025, providers must have regard to DfE Early Years Nutrition Guidance.
- Compliance with School Food Standards for maintained schools and nursery units.

Commitment

- Provide meals that meet the four food groups:
 - Fruit and vegetables
 - Starchy carbohydrates
 - Dairy or fortified alternatives
 - Protein sources (meat, fish, pulses, eggs, meat alternatives)
- Avoid foods high in sugar, salt, and saturated fat.
- Offer only water and milk as drinks.
- Ensure portion sizes are age-appropriate.
- Promote independence and positive eating habits.

Procedures

1. Dietary Needs and Allergies

- Parents provide full details of dietary needs, allergies, and cultural preferences before admission.
- Information recorded in registration documents, signed by parents, and updated regularly.
- Allergy and dietary information displayed in the kitchen and communicated to Chartwells and nursery staff.
- We operate a nut-free policy and discourage food sharing.
- All food is prepared and served by staff to minimise cross-contamination and ensure allergy safety.

2. Menu Planning

- Menus planned in line with DfE food and drink guidelines by Chartwells Catering:
 - At least one portion of fruit/vegetables at each main meal.
 - Variety of starchy foods, including wholegrain options.
 - Three portions of dairy or alternatives daily.
 - Protein at lunch and tea every day, with vegetarian options.
- Menus reviewed termly and shared with parents, including allergen information.
- Seasonal produce and cultural dishes included.
- Menus adapted for special diets (allergies, intolerances, religious requirements).

3. Meal Provision

- Hot lunches are prepared daily by Chartwells on-site.
- High tea provided by Chartwells and supplemented by Seedlings Nursery.
- Nutritious snacks offered mid-morning and mid-afternoon.
- Water available at all times; milk offered at snack times.
- Meals served in a calm, social environment with staff modelling positive behaviour.

4. Hygiene and Safety

- Children wash hands before eating; staff model and support correct technique.
- Food prepared and served in line with Food Standards Agency safety guidance.
- Bi-annual audit inspection from Food Standards Agency.
- HSE notified of any two or more cases of food poisoning.
- Staff trained in food hygiene and allergy management.

5. Social and Educational Aspects

- Mealtimes are social occasions; staff sit with children and encourage conversation.
- Children supported to develop independence (e.g., serving themselves where appropriate).
- Cultural and dietary diversity respected and celebrated.
- Food-related activities planned to promote learning about healthy eating.

6. Communication with Parents

- Menus and allergen information displayed and shared.

- Parents informed about storage and safe practices for any food brought from home (only permitted for medical reasons).
- Feedback sought on menus and cultural preferences.
- Parents encouraged to share traditional recipes for inclusion in topic curriculum work i.e. Chinese New Year or Cultural days.

Drinks Policy

- Only **fresh drinking water** and **plain milk** provided.
- Parents asked to send a water bottle daily (refilled as needed).
- No juice, squash, or sugary drinks permitted.

Monitoring and Review

- Policy reviewed annually or following any incident.
- Compliance monitored through menu audits and staff training.
- Feedback from parents and staff considered in reviews.

References

- DfE Early Years Foundation Stage Statutory Framework (2025)
- DfE Early Years Nutrition Guidance (2025)
- School Food Standards

A handwritten signature in blue ink that reads "P.M. Shaw". The signature is written in a cursive style with a horizontal line underneath the name.

Paula Shaw
Headteacher