



Food safety and nutrition procedures

Meeting dietary requirements

Snack and mealtimes are an important part of the day at Padbury Pre-school. 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 the registration to the setting and information is shared with all staff. **This continues as an ongoing dialogue with all parents throughout their time at Padbury Pre-school.**
- Up-to-date information about individual children's dietary needs is displayed 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. At each mealtime, a member of staff is responsible for checking that the food provided meets the dietary requirements for each child.
- Fresh Start Catering share their meal menus online including any allergens and a list of food provided for snacks are displayed on the notice board for parents/carers to view. Foods allergens for snacks are identified by pre-school staff.
- 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/carers and research by staff, staff obtain information about the dietary rules of religious groups to which children and their parents belong, and of vegetarians and vegans, as well as food allergies. Staff take account of this information when providing food and drink.
- Staff provide a vegetarian alternative when meat and fish are offered as part of snack.
- 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.

Where fun becomes learning!

Fussy/faddy eating

- 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.
- 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/carers 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 has been used in the setting since 1st September 2025

This policy was adopted at a meeting of	Padbury Pre-school	name of setting
Held on	7 th October 2025	(date)
Date to be reviewed	October 2026	(date)
Signed on behalf of the committee	<i>C. A. McHenry</i>	
Name of signatory	Claire McHenry	
Role of signatory (e.g. chair/owner)	Pre-School Secretary	