

General information

Name of setting: Anthony Roper Pre-School

Name of staff member responsible for food policy: Donna Gifford

Address of setting: Anthony Roper Pre-School, High Street, Eynsford, Kent, DA4 0AA

Date of policy implementation: September 2025

Section 1

Overall aim of the policy

Anthony Roper Pre-School is committed to promoting the health and wellbeing of our children and their families. Through our holistic approach to food policy, we intend to ensure all food enjoyed at the setting is healthy, balanced and nutritious, whilst also promoting the positive, social aspects of sharing mealtimes. We aim to extend children's and their family's knowledge and understanding of healthy food choices, enabling every child to establish healthy eating habits.

Mission statement/rationale

Our commitment to providing healthy, balanced, and nutritious food choices within a positive, social environment is underpinned by the [Statutory Framework for Early Years Foundation Stage \(2024\)](#) and draws on guidance from the [Eat better, start better](#) document and the [Example menus for early years settings](#).

Development and implementation of the food policy

This policy has been jointly developed by the setting's leadership team, committee and staff, with contributions from our parents, carers and children. The policy contents are not final and further comments and views are welcomed and will inform future reviews. The policy forms part of our staff and committee induction procedures and is shared with all new families as part of the initial registration process. The policy is also accessible via our website and policy folder. The policy is reviewed at least annually.

When and who the policy applies to

This policy applies to all food and drinks brought into the setting and consumed by and with the children.

Food consumed away from and out of sight of the children, for example in the staff room, is not bound by this policy but we encourage its application.

The policy applies to food and drinks planned for, prepared and cooked at *Anthony Roper Pre-School*, including activities such as baking with the children. It also applies to food provided by parents in lunchboxes.

Section 2

Food and drink provision

- The age range, 2-4 years, school age
- We provide – breakfast, snacks and tea
- We rotate our menu every 3 weeks
- We provide milk and water at snack time and water only at breakfast and teatime
- Drinks in lunch boxes can be soft, non-fizzy drinks, but we recommend and supply water only
- Fresh drinking water is always accessible, children are helped to pour their own water and to put their cups in the wash bowl after they are finished
- The children are encouraged to try new foods by staff members, which includes talking about the taste, where they are grown and helping to grow their own food in our allotment garden
- Breakfast is offered between 8 and 8.30am, lunch is at 12.00pm and tea is served at 4.30pm
- Snacks - parents receive a consumables voluntary charge letter for snack
- We offer a variety of fruit and vegetables, bread, crackers, pittas - please see our website for our weekly menu

Lunchboxes

- Lunch boxes are provided by the parents/carers
Please see link for healthy lunch box ideas – [click here](#)
- Nuts and sweets are not allowed in lunch boxes
- All food in your child's lunch box must be prepared to prevent choking e.g. grapes sliced into quarters or lengthways, sausages sliced lengthways
- To keep lunches fresh, we have a trolley that we keep cold with cold packs
- We do not have the facilities to heat your child's food
- Please could items be packaged so that your child can open them - we will of course help while they learn to do this
- Please consider your child's development, e.g. yoghurt pots with spoons rather than 'sucky' yoghurts
- Think about the amount of food you provide and portion sizes – what is enough for your child? For further information and guidance [click here](#)
- Consider shopping seasonally and preparing your child's lunchbox, rather than providing pre-packed items, for budget savings

Our menus are updated/rotated every 3 weeks, parents can access the menus on our website, on the door to the setting, or ask for a copy

We prepare our menus to reflect the different dietary requirements of the children in our setting

The children are involved in the preparation of our menus, we involve them by asking them at breakfast, snack and tea what they enjoyed and what they didn't, they are also involved in the growing of food that we use in the setting

Communicating with children, families and the wider community

- We add our 3-weekly menu to our newsletter so parents can let us know in advance if there is something they would like changed.
- Children's views are sought by involving them in conversations about what shopping we might need to buy, the growing of food and our likes and dislikes.
- If children attend another provision, we will rely on the parent to let us know (having viewed our 3-weekly menu) if they were going to be having the same meal twice in the same week.
- We share ideas of what to put in your child's lunch boxes and send a copy of our menu for meal ideas.

The eating environment and social aspects of mealtimes

- Mealtimes are a social experience that promote language development and physical development whilst talking about benefits of healthy eating.
- Adults are positive role models.
- The environment is set up using tablecloths and real crockery.
- The children sit at tables on chairs that are the correct size for them. We do our best to make it a calm and social experience for the children.
- The children can help lay the table for snack and tea. Staff spend time talking to them about why we clean and lay the tables ready for our food.
- Staff are expected to sit with the children whilst eating.
- Children self-serve at mid-morning snack. We make sure the allergen book has been checked by the staff member in charge of snack that day to make sure they don't access anything they are not allowed to have. The staff member in charge will be there to monitor portion size for the children.
- The children are encouraged to try new foods by the staff member, discussing where each food has come from and giving them encouragement and praise.
- The children clear away after themselves and wash up anything we need to recycle.

Celebrations and special occasions

- On occasion, we include foods from the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

Providing food for all

- We ask parents on their registration documents to fill out any dietary requirements.
- We also ask if they have any cultural, religious, individual choice requirements, e.g. vegetarian/vegan, allergies or intolerances.
- Staff have all carried out paediatric first aid training, which includes the use of adrenalin pens.
- We encourage all children to try new foods, offering a variety of different foods throughout the week, including growing and using foods from our own allotment.
- We have been able to use Pupil Premium for children experiencing poverty enabling them to stay for our extended hours, which includes tea. We also signpost families to the local food bank.

Learning about and through food

- We have our own allotment garden where the children help to plant and grow their own food and use it for cooking activities and snack. We do activities around the sugar and salt content in the food they have in their lunch boxes and have discussions around healthy food at snack and teatime.
- On occasion, we try foods from the diet of other children in the setting.
- We walk to the local shop to buy ingredients for our cooking activities.

- We work with Eynsford in Bloom and join the school gardening club where the children are involved in growing our own food.
- We share what to put in your child's lunchbox with all new parents.
[What should I put in my child's lunchbox](#)
- We cook with the children.
- We talk about healthy foods, but on the odd occasion do bake a sweet treat!
- The children learn about following a recipe, weighing and measuring, and the changes of cooking something.

Food safety and hygiene

- Food is stored in a fridge or storage box in Robin room cupboard and prepared by a member of staff that has a food hygiene qualification.
- We carry out morning and end of day checks to make sure the fridge and freezer are at the correct temperature and that any out of date or unused food is disposed of, that the kitchen has been cleaned, and clean cloths are out, and all food is packed away appropriately. The Childcare Manager monitors this.
- The setting has a yearly food hygiene inspection.
- All staff preparing food have a level 3 food hygiene certificate.
- Lunchboxes are stored in a cooled lunch box storage trolley.
- We talk to children whilst eating about food hygiene and why we wash our hands before eating

KSCMP Eat Safe Safer eating in early years settings Guidance v4

Sustainability

- We grow some of our own food at the setting in our allotment garden and talk to the children about where our foods come from and staying sustainable.
- We use the food that is in season to help us stay sustainable.
- We teach our children about recycling and composting.

Protecting children's health

- We ensure there are always adults with the children when eating.
- All staff sitting with the children at lunchtimes will have an up to date paediatric first aid certificate.
- Children are encouraged to drink from an open cup where possible and use age-appropriate cutlery.
- We do activities around oral health with the children throughout the day.

Evaluation and review of the settings approach to food and drink provision

- Our policy is updated annually. This is sent out to the staff, families and committee members to review and agree.
- We talk regularly to the children about what they have enjoyed, not enjoyed or would like to try.

Date for policy review:

Signed:

Dated: