Food and Nutrition Policy

Jubilee Childcare Centre

"Our nature is to nurture"

Policy owner	Jubilee Childcare Centre
Applies to	Children, parents/carers and staff
Reviewed	Annually, or sooner if guidance changes
Linked guidance	EYFS, food safety, allergy and healthy eating guidance

1. Our Policy Statement

At Jubilee Childcare Centre, our nature is to nurture. We want every child to feel safe, cared for and well-fed throughout the day. In line with our Jubilee ethos, "Love your neighbour as yourself", we work closely with families to provide food that supports children's health, development, independence and enjoyment of mealtimes.

2. Our Nursery Food Provision

We offer a carefully planned daily food provision. Depending on a child's booked sessions, this may include:

- Breakfast
- Morning snack
- Cooked lunch / hot school dinner
- Afternoon snack
- Tea / light meal

Our meals and snacks are planned to be balanced, age-appropriate and suitable for young children. We strongly encourage families to choose the nursery meal option wherever possible, as this helps us manage allergies, ingredients, food safety and nutritional balance consistently across the setting.

3. Nursery Meals

Our nursery meals are designed to be:

- Healthy, balanced and varied
- Suitable for pre-school children
- Prepared, stored and served safely
- Clearly monitored for allergies and dietary requirements
- Supportive of positive eating habits and calm, social mealtimes

Parents must inform us of any allergies, intolerances, medical dietary needs, religious requirements or food preferences before their child starts, and whenever anything changes.

4. Packed Lunches

Parents may choose to provide a packed lunch from home. However, because we care for very young children and must protect children with allergies, packed lunches must meet strict safety and ingredient requirements.

If a packed lunch is provided, parents must ensure that:

- The lunch box and all containers are clearly labelled with the child's full name.

- All foods are clearly identifiable.
- Any homemade items include a written ingredient list.
- No nuts or nut products are included.
- Foods are suitable for the child's age and stage of development.
- Grapes, cherry tomatoes and similar foods are cut lengthways into quarters.
- Hard, round, sticky or high-risk choking foods are avoided.
- Food is safely prepared and stored before coming to nursery.
- An ice pack is included where food needs to be kept cool.

Nursery staff cannot accept responsibility for checking unknown ingredients in homemade or unlabelled food. If staff cannot clearly identify a food or its ingredients, we will not be able to serve it to the child.

5. Foods Not Permitted

To keep all children safe, packed lunches must not include:

- Nuts, peanut butter, Nutella or nut-based products
- Sweets, chewing gum or lollipops
- Fizzy drinks or energy drinks
- Whole grapes, whole cherry tomatoes or large hard pieces of raw food
- Popcorn
- Foods on sticks or skewers
- Food that requires reheating
- Unlabelled homemade food where ingredients are unclear
- Any food that contains an allergen we have specifically asked families not to bring into the setting

We may update this list depending on the needs of children attending the nursery.

6. Healthy Packed Lunch Expectations

A healthy packed lunch should usually include:

- A starchy food, such as bread, pasta, rice, wraps or potatoes, rice cakes
- A protein food, such as chicken, tuna, egg, beans, lentils, cheese or yoghurt
- Fresh Fruits and/or vegetables
- A dairy food or suitable alternative
- Water or milk

We ask families to avoid lunches that are mainly made up of crisps, biscuits, cakes, chocolate or processed snack foods.

7. If a Packed Lunch Does Not Meet This Policy

If any item in a packed lunch does not meet the criteria set out in this policy, the item will not be served to the child. This includes food that is unsafe, unsuitable, unlabelled, contains restricted ingredients, presents a choking risk, or has unclear allergen or ingredient information.

Where a packed lunch cannot be served, or where there is not enough suitable food for the child, Jubilee Childcare Centre will offer the child a nursery hot meal. This will be charged at the cost set out in the nursery fees structure.

Parents will be informed if food has not been served and if a nursery meal has been provided. If this happens repeatedly, we will arrange a conversation with parents to agree a safe and

consistent way forward. This may include encouraging the child to move to nursery meals so that we can better support their health, safety and wellbeing.

8. Allergies and Special Diets

Allergy safety is a shared responsibility. Parents must give accurate and up-to-date information about their child's allergies, intolerances or dietary needs. Where a child has a diagnosed allergy or medical dietary requirement, we may ask for further information from parents or health professionals.

Children must not share food from lunch boxes. Staff will supervise mealtimes carefully and will support children to eat safely and calmly.

9. Celebrations and Treats

We love celebrating special occasions with the children. However, because of allergies and food safety, birthday cakes, sweets or treats from home must not be handed out unless agreed with nursery staff in advance.

10. Working with Families

We understand that food can be personal and that every family is different. We will always work respectfully with parents and carers. Our priority is to make sure every child is safe, included, well nourished and able to enjoy positive mealtimes at nursery.

11. Monitoring and Review

This policy will be reviewed regularly and updated in line with current UK early years, food safety, allergy and nutrition guidance.

Sources Used to Inform This Policy

- Department for Education: Early Years Foundation Stage statutory framework and early years nutrition guidance.
- Food Standards Agency: food allergen and safer food guidance.
- NHS: healthier lunchbox and healthy eating guidance for young children.
- Anaphylaxis UK and Allergy UK: allergy safety guidance for early years settings.