

## Food Policy Nicholas Hawksmoor

At Crazy 4 Kids we believe in supporting parents and their children with the choice of food and how it is offered. If parents would prefer to 'OPT OUT' of our food and send their child with their own; we will endeavour to support parents in this choice, whilst also ensuring the safety of all children attending the setting. We promote shared, enjoyable positive interactions at mealtimes. Parents also have the option of collecting their child at mealtimes and returning the child after they have eaten.

We are committed to offering children healthy, nutritious and balanced meals and snacks, which meet individual needs and requirements whether provided by ourselves or provided by home. We have a 'Duty of Care' to ensure that any foods consumed on one of our sites whether provided by ourselves or by you the parent / carer to be nutritionally appropriate. We reserve the right to send any foods back to you that we deem to be inappropriate.

Within the nursery environment there are a variety of food needs and requirements that must be considered on an individual basis. Parents wishing to bring food from home into nursery will also need to take the individual needs of the other children attending into account. We will be providing guidance and / or stipulations that must be adhered to ensuring the safety of not only your own child, but all the children attending.

Your child's lunchbox should NOT include:

1. Too much food. <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> indicates the following, a sandwich or a wrap, a yogurt, piece of fruit and / or some vegetables.
2. A water bottle or any sugary drinks; water is always available to children and is changed frequently throughout the day.
3. Any fruits or vegetables that can cause choking, i.e. circular foods such as grapes, strawberries, olives, must be cut lengthways into pieces that your child can eat. Please refer to 'Early Years food choking hazards' – [food.gov.uk](http://food.gov.uk)
4. Foods containing high levels of sugar and / or salt. Please, no crisps, chocolate, cakes or sweets.
5. Any high-risk foods such as chicken, eggs or seafood which need to be stored at specific temperatures.
6. Foods that will need to be reheated; we cannot reheat food that has been prepared at home and that we have not been able to monitor cooking temperatures, etc.
7. Food brought in a flask as we are unable to take responsibility for the preparation of this food or the temperature it has been stored at.
8. Any foods outside of the original packaging – all food bought in to the nursery in your child(ren)'s lunchbox MUST include the original packaging with the ingredients fully visible.
9. Foods containing the following allergens due to children attending with a risk of Anaphylaxis -
  - Nuts – all types of nuts and cannot consume any food that 'may contain' nuts.
  - Eggs – in any form (boiled, scrambled poached etc) can have food where egg is cooked or baked into e.g. cakes and sponges. Cannot have food such as egg noodles.

*"This list is not exhaustive and may be updated as needed."*

Whilst we may have children attending with food intolerances such as dairy or wheat, we allow these to be brought into and consumed in the nursery with separation procedures in place due to minimising the risk of cross contamination.



*\*We please request that you don't send in any birthday treats, such as cakes for the children as this is again difficult to manage re allergies. Please be reassured that your child will have their birthday celebrated by the setting in their own way and may even bake a cake onsite for all to share. \**

Only milk and water are provided as drinks to promote oral health at snack and mealtimes. Fresh drinking water is always available and accessible. It is frequently offered to all children. In hot weather staff will encourage children to drink more water to keep them hydrated.

We consider seating at mealtimes to avoid cross contamination of food from child to child. Children are supervised by an adult during meals to ensure safety and minimise risks. Where appropriate, discussions will also take place with children about allergies and potential risks to make them aware of the dangers of sharing their food.

There will be at least one member of staff during mealtimes with a full and relevant Paediatric First Aid Certificate who will supervise children whilst they are eating.

All staff receive training on Allergy Awareness and management during their induction.

Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and conversation is encouraged.

Staff use meal and snack times to help children to develop independence through making choices, opening their food, feeding themselves and clearing up after themselves.

Cultural differences in eating habits are respected.

Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. If a child does not finish his/her lunch, he/she will be offered a snack later and parents / carers notified via our FAMILY APP.

Children are encouraged to eat a small piece of everything. Children who refuse to eat at the mealtime are offered food later in the day. Children are given time to eat at their own pace and not rushed.

The nursery provides parents with daily written records of what your child has eaten. Any uneaten food will be returned in the lunchbox.

No child is ever left alone when eating or drinking to minimise the risk of choking. Any foods brought into the setting via a lunchbox will be checked to ensure that they have been prepared in an appropriate size to prevent choking and if found that they are not, will be placed back into the lunchbox and returned home with a note for parents.

All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.

**\*We are a 'nut free' site and request that foods containing nuts or nut products are not brought onsite in any form\***

We reserve the right to return any foods that we deem inappropriate for children under the age of 4 years and 11 months to consume or that may pose a risk if consumed by themselves or others attending. If we deem a lunch sent in from home to be inappropriate,



we reserve the right to give the child an alternative and charge the parent / carer for the lunch provided.

Julie Norris

A handwritten signature in black ink, appearing to read 'JN' followed by a stylized flourish.

Registered Provider

Date: April 2026

Review Date: April 2027

Version:3