The Lloyd Williamson Nurseries

Food and Nutrition Policy

2026 – 2027

Updated by Ramona Cristea
Date: 14.10.26
Due for Update: October 2027

Statement of Intent

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health including healthy weight and good dental health. Healthy lifestyles can be promoted through example and nursery ethos. Meal times and snacks are important for social reasons and the promotion of positive health habits.

Aims

We aim to encourage parents:

- To ensure that all food and drink served is varied and served in appropriate portion sizes. That food and snacks provided are nutritious and meet the children's individual dietary needs.
- To ensure that all aspects of food and nutrition in nursery promote the health and wellbeing of the whole nursery community.
- To the importance of healthy food,
- To ensure that all food and drinks consumed are healthy for teeth.

As a nursery we

- Ensure all staff demonstrate good food safety practices.
- Take a whole nursery approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.

Allergies and Special Dietary Needs

The health information section of the registration form includes children's dietary needs and any allergies and intolerances. This information is recorded in a nursery allergies and intolerances record, which is regularly updated.

We display current information about individual children's dietary needs so that all staff are fully informed about them.

All staff show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of his/her diet or allergy.

We observe rules about children not sharing and swapping their food with one another in order to protect children with food allergies.

No nuts, strawberries, kiwis or avocados are ever served in nursery. No staff member or child is allowed to bring any nuts, strawberries, kiwis or avocados into school or for a packed lunch on a trip.

Parents need to ensure that no cake brought in for a birthday includes nuts. We are happy to share information allergy information to ensure that all children in a class can share.

Parents and Carers

We work closely with parents to ensure that our records are up to date.

We ensure that children receive only food and drink which is consistent with their dietary needs.

Parents and carers supply a daily morning and afternoon snack, as well as a packed lunch, which must be healthy and in line with our allergy restricted foods list.

The Eating Environment

We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and ensure they can ask for water at any time during the day.

Meals and snack times are social occasions in which children sit together.

When age appropriate, we use meal and snack times to help children develop independence - making choices and feeding themselves.

Milk is available daily to younger children as part of the Coolmilk scheme.

Monitoring and Review

The Director and the Nursery Manager will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

Updated October 2026

Lucy Meyer

Director