

1. Our Commitment

At Smartkidz Play and Learn, we are committed to promoting children's health and wellbeing through nutritious, balanced, and safely prepared food and drink. In line with the revised Early Years Foundation Stage (EYFS) statutory framework, we ensure that food and drink provided meets children's needs and supports healthy growth and development.

2. Key Aims

- Provide food and drink that is healthy, balanced, and nutritious.
- Respect dietary, allergy-related, cultural, and religious food requirements.
- Encourage positive attitudes toward food, mealtimes, and healthy eating.
- Comply with all food hygiene and safety regulations.

3. Dietary Needs and Allergies

- Parents/carers must inform us of any allergies or dietary needs during registration and update us of any changes.
- All allergy information is displayed clearly on our Allergy Information Board, accessible to staff during food preparation and snack times.
- Children are encouraged to be aware of their own dietary needs and to ask questions about the food they eat.
- We avoid food sharing among children to prevent allergic reactions or cross-contamination.

4. Food Safety and Hygiene

- All staff involved in food preparation have completed Level 2 Food Hygiene training.
- Food is stored, handled, and prepared in line with current food hygiene guidelines.
- We provide age-appropriate portion sizes and textures, and follow safe eating practices to minimize choking risks.

5. Supervised Mealtimes

- Children are always supervised within sight and hearing while eating.
- At least one staff member with a valid Paediatric First Aid (PFA) certificate is present at all times.
- Distractions are limited to ensure a calm, safe eating environment.

6. Mealtime Practices and Ethos

- Healthy snacks are provided for all children.
- Snack times operate on a rolling basis, allowing children to eat when ready within a set period.
- Children are encouraged to eat independently, developing good manners and eating skills.
- Fresh drinking water is always available.
- Fresh fruit is available during every session.
- Food is never withheld as punishment.
- Sweet treats are used occasionally, not as a regular offering.
- Foods high in fat, sugar, and salt are limited.
- Children are never forced to eat or drink, however breakfast **STRONGLY** encouraged.
- We will ask parents if their children have eaten breakfast at home, if they haven't and the child refuses breakfast, we will make the parents aware.

- Snack is optional, and children's choices are always respected.
- Snack is not a substitute for a full meal at home.

7. Breakfast Provision (Daily)

Each morning, we provide a healthy and balanced breakfast that includes:

- Whole meal toast with a choice of spreads.
- Cereals: Cornflakes, Rice Krispies, Cheerios, and Weetabix with milk.
- Yoghurts or fromage frais.
- Apple and orange juice.
- A variety of fresh fruits.

8. After-School Club Lunchbox Snack

Our after-school snack offering is designed to be light, nutritious, and child-friendly:

- Make-your-own wholegrain bread sandwiches with a selection of fillings.
- Cheese savouries (e.g. crackers, cheese cubes).
- Yoghurts.
- Fresh fruit.
- Drinks: Sugar-free squash or water.

This snack supports children's energy and concentration after school but is not intended as a replacement for their evening meal at home.

9. Involving Children

Where appropriate, children are encouraged to participate in:

- Choosing snack items.
- Preparing their own food (e.g., making sandwiches).
- Discussing healthy food choices in a fun and educational way.

10. Working with Parents/Carers

- We share food plans and menus regularly.
- All allergen content is clearly communicated.
- Parents/carers are welcome to offer feedback and suggestions to support individual needs or cultural practices.

11. Policy Review

This policy is reviewed annually or sooner if changes to legislation or practice arise.

This policy was adopted by: Smartkidz Play and Learn	Date: 19/05/2025
To be reviewed: 19/05/2026	Signed: 

Written in accordance with the Statutory Framework for the Early Years Foundation Stage (2025)