



Early Years Food and Drink Policy

1. Policy Statement

At The British School of Tenerife EYFS provision, mealtimes are recognised as an important and valued part of the school day. They provide opportunities to promote children's health, independence, communication, social development and positive attitudes towards food.

We are committed to providing a safe, inclusive and nurturing environment where children experience healthy, balanced and nutritious food in line with their individual dietary needs and cultural backgrounds.

This policy should be read in conjunction with:

- Health and Safety Policy
- Allergy Policy
- Medical Conditions and First Aid Policy
- Intimate Care Policy
- Safeguarding and Child Protection Policy

2. Aims

We aim to:

- Promote healthy eating habits and positive attitudes towards food and drink
- Ensure children are provided with safe, nutritious and balanced meals and snacks
- Support children to develop independence and self-help skills
- Ensure all dietary, cultural and medical needs are fully met
- Provide a calm, safe and socially enriching mealtime environment
- Safeguard children with allergies and dietary requirements through robust systems

3. Mealtimes as Learning Opportunities

Mealtimes are viewed as a key part of the EYFS curriculum and are used to support children's learning and development.

Staff use mealtimes to promote:

- Communication and language development
- Social interaction and turn-taking
- Independence and self-care skills
- Manners, respect and positive relationships
- Understanding of healthy lifestyles

Children are supported to sit together in a calm and positive environment where mealtimes are treated as a social learning experience.

4. Provision of Food and Drink

The school provides:

- A **daily healthy snack (not breakfast)**, which is **mandatory for all EYFS children**
- **School meals**, which are nutritionally balanced and age-appropriate
- Fresh drinking water, available to children at all times

Children may also bring a packed lunch from home.

Menus and relevant food information are shared with families via notice boards and school communication platforms.

5. Dietary Requirements and Allergies

The school maintains a robust system to ensure the safety of all children with dietary needs and allergies.

We ensure that:

- Parents provide full dietary and medical information on entry and update this as required
- Allergy information is securely shared with all relevant EYFS staff
- Individual dietary requirements are strictly followed at all times
- Children are not permitted to share or swap food
- Nut-based products are not permitted in EYFS provision
- Children are never singled out or labelled in relation to dietary needs

All staff demonstrate vigilance and understanding in the management of food allergies, ensuring compliance with individual care plans at all times.

6. Hygiene and Food Safety

High standards of hygiene are consistently maintained.

Staff ensure that:

- Children wash their hands before eating using correct handwashing procedures
- Food preparation and eating areas are cleaned and sanitised before and after use
- Food is stored and handled safely at all times
- Appropriate supervision is maintained during all food-related activities
- Safe practices are followed in accordance with health and safety expectations

7. Encouraging Independence and Positive Eating Habits

The EYFS environment promotes independence, confidence and self-help skills.

Children are encouraged to:

- Feed themselves independently using age-appropriate utensils
- Make choices and develop awareness of hunger and fullness
- Develop good table manners in a supportive environment
- Try new foods in a positive and pressure-free way

Staff provide sensitive support and encouragement, ensuring children feel confident and secure during mealtimes.

Food is never used as a reward or punishment.

8. Packed Lunches

Where children bring food from home, parents are expected to support healthy eating principles.

Parents are asked to:

- Provide balanced and nutritious meals
- Avoid nut-based products
- Ensure food is stored safely (e.g. ice packs or insulated containers where appropriate)
- Avoid glass containers
- Provide food cut into appropriate, safe portions
- Avoid high sugar, high salt and heavily processed foods wherever possible

The school reserves the right to return food items that do not meet safety or allergy requirements.

9. Staff Responsibilities

EYFS staff are responsible for:

- Supervising all mealtimes at all times
- Ensuring safe and hygienic food practices are followed
- Implementing allergy and dietary requirements consistently
- Promoting positive behaviour and social interaction during meals
- Supporting children's independence and wellbeing
- Reporting any concerns immediately in line with safeguarding procedures

Written by:	Jenni Garnett		
Agreed Date:	October 2025		
Board of Governors			
	Print Name:	Signed:	Date:
Academic Director:			
	Print Name:	Signed:	Date:
Review Date:	October 2026		