



Provision of Food Policy

Created: November 2025

Reason: To be compliant with the Local Authority and Governments conditions around Funded Childcare

All-Inclusive Meal Package

Building Blocks offer an all-inclusive meal package where all meals/snacks are provided by our on-site chef. These meals/snacks are nutritionally balanced, cooked fresh daily, and cater to a variety of dietary needs. We can also supply alternatives to cow's milk for children who require them. This package offers great value for money and ensures that children receive well-prepared, healthy meals without the need for parents/carers to supply food from home.

Children attending school will typically be receiving hot meals as part of their daily routine. Our nursery meals follow a similar structure to help children feel comfortable and confident when transitioning to school settings.

Mealtime Experience and Child Development

Mealtimes are important to children's development. The food they eat at mealtime gives the vitamins, minerals and protein they need to grow and stay healthy. It gives them energy and makes them feel good. Eating habits and attitudes learned in childhood can last a lifetime.

We aim to make eating enjoyable and to create a complete dining experience that appeals to the children and encourages them to appreciate the food. Children are encouraged to make a positive contribution by helping to lay the table with plates, cups and cutlery. Children also learn important self-serve skills, which are essential for building independence and preparing them for the routines and expectations of school. Our mealtime routines are designed to encourage children's self-help, independence and choice. Equipment used must be appropriate to the age and stage of development and designed to promote children's independence. The opportunity for personal, social and emotional skills to be developed and the opportunities to provide dialogue to support language and communication skills is very valuable.

Home-Packed Food

At **Building Blocks** we aim to ensure that all children receive nutritious, safe and appropriate meals while in our care. Parents/carers who wish to provide their child with their own food must adhere to the following policy guidelines to promote health, safety and inclusivity.

General Guidelines: All provided food will need to be checked by a member of staff before you leave so please allow additional time for this when dropping off.

- **Healthy and Nutritious:** Parents/carers must provide food that supports a balanced diet and is suitable for their child's age and stage of development. Breakfast (if not eaten at home), morning snack, lunch including a healthy dessert, afternoon snack & dinner including a piece of fruit for dessert.
- **Packaging and Allergen Safety:** All food provided must be shop bought, unopened, and in its original packaging so that allergen information can be clearly checked by staff (with the exception of fruit & vegetables.)
- **Choking Hazards:** Natural foods such as fruit must be cut into age-appropriate sizes to minimize choking risks.
- **Restricted Items:** Parents/carer must not send in chocolate, crisps, sweets, fizzy drinks or any other unhealthy snacks as part of their child's packed food.
- **Nut-Free Policy:** As part of our allergy management plan, **no nuts, nut-based products or sesame** should be included in packed meals.



Breakfast Provision

- For breakfast provided by yourselves **Building Blocks** can supply cow's milk only.
- If a child requires an alternative milk or milk substitute, parents/carers must provide this daily.

Food Preparation and Storage

- **No Refrigeration:** We are unable to refrigerate any food provided by parents/carers. Therefore, parents/carers must include ice packs in their child's lunch box to keep food at a safe temperature.
- **No Heating:** We are unable to heat any food provided by parents/carers.
- **Ready-to-Eat Format:** All meals and snacks must be sent in a ready-to-eat format, suitable for the child's age.
- **Utensils & Containers:** **Building Blocks** will not wash or clean any containers or lunchboxes and we will not provide utensils. Parents/carers must include necessary cutlery in their child's lunchbox.

Liability and Responsibility

- **Building Blocks** accepts no responsibility for the quality, safety or temperature of any of the food provided by parents/carers.
- Parents/carers are responsible for ensuring that the food remains fresh and suitable for consumption throughout the day.
- **Failure to Provide Food:** If parents fail to provide suitable pre-packed food for the day;
 - They will be required to either collect their child and take them off the premises while food is sourced, or
 - We will supply food and invoice the parent/carer at the non-booked rate of £20 for a full day and £15 for a half day as opposed to the pre-booked or all-inclusive rate.

Additional Considerations

- **Food Sharing:** Children are not permitted to share food to prevent cross-contamination and allergic reactions.
- **Healthy Drinks:** Only water or milk is permitted; no fizzy drinks, fruit juice or flavoured milk.
- **Monitoring & Compliance:** **Building Blocks** staff reserve the right to discuss concerns with parents/carers if food provided does not comply with these guidelines.

By following this policy, we aim to create a safe and inclusive dining environment for all children. If you have any questions or concerns, please speak with a member of staff of the Early Years Manager.