



Food and Drink Policy

Overview and Intent

Kinetic Sports Group is committed to promoting healthy lifestyles for children and recognises that eating and drinking is an integral part of a healthy lifestyle. Snack and mealtimes are an opportunity for social interaction between children and adults and are an opportunity for children to learn more about healthy lifestyles and well as develop skills and understanding around self-care and independence.

Legal Context

This policy takes in to account the following legislation and best practice guidance:

Early Years Foundation Stage Statutory Framework 2021

Health and Safety at Work Act 1974

Food Safety Act 1990

The Food Safety and Hygiene (England) Regulations 2013

Procedures

- Information about children's food needs and preferences is obtained when a child joins our organisation and this information is then shared with the staff who will be working with the child. Information may include, but is not limited to:
 - Intolerances and allergies (including anaphylaxis)
 - Food preferences (e.g. vegetarian)
 - Cultural or religious food requirements
 - Medical needs which influence food and drink requirements (e.g. diabetes)

Information and Individual Needs

- We regularly consult with parents and carers to ensure that the food information supplied at the initial registration is correct and up to date
- Where a child has a specific dietary need we ensure that staff show sensitivity in providing for this need and that the child is not made to feel different or singled out/ segregated
- We have procedures in place which will ensure that children who are not permitted to have a certain food or foods do not come in to contact with them. E.g. No food swapping rule
- If a child could be harmed by coming in to contact with a food or foods we ensure that a risk assessment and care plan have been completed and are understood by staff members. E.g. Anaphylaxis or medical requirement

Healthy Lifestyles

- We recognise the importance of hydration and fresh drinking water is available for children at all times. We ensure that children know that water is available and they can access water at any time throughout the day.
- During particularly hot weather conditions or during exercise/physical activity staff are vigilant and will prompt children to drink, where needed
- If staff observe any difficulties with children's food and drink the concerns will be referred to the session leader e.g. children not drinking or unsuitable food
- When we provide food and drink for children we ensure that it is healthy and nutritious. We avoid large quantities of fat, sugar, salt, additives, preservatives and colourings in both food and drink
- We use meal and snack times as opportunities for children to learn and develop and opportunities include:
 - Developing independence through opening containers or pouring drinks
 - Ensuring that children are in groups and that social interaction is present during meal and snack times
 - Understanding the importance of personal hygiene/hand washing
- Staff talking to children about healthy food choices

Health and Safety

- Children are given time to eat and drink and are not rushed
- While children are eating they are never left alone

- A member of staff who have paediatric first aid training is always on site to deal with any medical emergencies that may arise from eating or drinking
- Staff who handle food are competent to do so have been given appropriate training in food safety, in line with their job role
- In the unlikely event of food poisoning occurring we will follow the reporting requirements. This includes informing Ofsted (where relevant) of food poisoning which affects two or more children, whether or not it has arisen from food offered in the setting, as soon as is reasonably practicable but within 14 days of the occurrence.
- Areas where food is prepared are clean and suitable and attention is given to avoid cross contamination (allergen, microbiological, physical and chemical)
- Before eating children and staff are required to wash their hands

Date	Summary of Changes	Other Comments
26 th March 2026	No Changes	Revision due 26/3/2027