



Food and Drink Policy

Policy Statement

At Pavilion Pre School (Aigburth) CIO, we recognise the importance of providing healthy, balanced, and safe food and drink to children. We aim to:

- Promote healthy eating habits from an early age.
- Ensure all food and drink provided meets nutritional guidelines.
- Accommodate dietary requirements, allergies, and cultural preferences.
- Promote positive social experiences during meals and snacks.

Meals and Snacks Provided

Breakfast Club

- Healthy options such as wholegrain cereals, toast, fruit, and milk or water.
- Sugar-sweetened cereals or drinks are limited.

Pre-School Snacks

- Fresh fruit and vegetables daily.
- Water is available at all times; milk may be offered as appropriate.
- Occasional treats may be provided for special occasions, adhering to healthy guidelines.

After-School Club

- Light, nutritious snacks, such as sandwiches, fruit, wraps, soup.
- Children are encouraged to drink water regularly.

Dietary Requirements

- Parents must provide up-to-date information about allergies, intolerances, or religious/cultural dietary needs.
- Staff will maintain a record of children with specific dietary needs and ensure they are met.
- Cross-contamination risks are minimised through careful storage and preparation.

Food Safety and Hygiene

- All staff handling food complete food hygiene and allergy training.
- Food is stored, prepared, and served according to the latest Food Standards Agency (FSA) guidance.
- Tables and surfaces are cleaned before and after meals.
- Children are encouraged to wash hands before eating.

Mealtime Practices

- Children are encouraged, but not forced, to try new foods.
- Staff model positive eating behaviours.
- Mealtimes are calm, social, and enjoyable.

Packed Lunches

Parents providing packed lunches are encouraged to follow healthy eating guidance.

- Nut-free rules apply to reduce allergy risks.
- Staff will store packed lunches safely and ensure they are eaten appropriately.

Drinks

- Water is freely available throughout the day.
- Unsweetened milk may be provided.

- Sugary drinks and energy drinks are not permitted.

Special Occasions

- Cakes or treats may be provided for birthdays or holidays, but staff encourage moderation.
- Alternative options are provided for children with allergies or dietary restrictions.

This policy was created in September 2018

This policy will be reviewed annually or as required.

Last updated: 13.11.25



Signed by Chair of Trustees:



Signed by the Operations Manager: