

Bloom Childcare

Food & Nutrition Policy

Healthy eating and nutrition for children at Bloom

Document Register Detail			
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Responsible Person:	Mark Johnson - MD	Status:	Live

Policy Statement

Bloom Children's Day Nurseries and Out of School Clubs are committed to promoting healthy eating habits and supporting children's growth, development and wellbeing through the provision of nutritious, balanced meals and snacks.

This policy aligns with the EYFS Statutory Framework, government nutritional guidance for early years, Food Standards Agency requirements and Local Authority expectations (Liverpool and Knowsley).

Bloom recognises the importance of good nutrition in supporting physical growth, cognitive development, emotional wellbeing and positive lifelong eating habits. Meals and snacks provided are healthy, balanced and appropriate to children's age and developmental stage.

Scope

This policy applies to all food and drink prepared, served or consumed at a Bloom setting, including meals provided by external caterers and food brought from home.

Relevant Legislation and Guidance

Legislation / Guidance	Reference	Relevance
Statutory Framework for the Early Years Foundation Stage (EYFS) 2026	Sections 1–3	Sets the statutory standards for learning, development and welfare in all Ofsted-registered early years settings.

Legislation / Guidance	Reference	Relevance
Childcare Act 2006	Sections 39–48	Provides the statutory basis for the EYFS and Ofsted registration of early years providers.
Equality Act 2010	Sections 4–29	Prohibits discrimination on the grounds of protected characteristics for staff and service users.
Health and Safety at Work etc. Act 1974	Sections 2 & 3	General duty of care to employees and any other persons affected by the undertaking.
EYFS Statutory Framework 2026	Sections 3.63, 3.65-3.66, 3.63-3.70 (safer eating).	Healthy, balanced and nutritious food and drink; written information on dietary needs; allergens.
Food Information Regulations 2014	Regulation 5	Allergen information; Natasha's Law for prepacked-for-direct-sale foods.

Definitions

Term	Definition
Allergen	A substance that can cause an allergic reaction; 14 named allergens are subject to mandatory information.
Care Plan	A written record of individual medical or dietary needs for a child.
Cross-contamination	The transfer of allergens or pathogens from one food to another.
HACCP	Hazard Analysis & Critical Control Points

Roles and Responsibilities

Managing Director / Duty Holder

- Ensure this policy is compliant, up to date and reviewed at least annually

Area Manager

- Ensure this policy is adhered to at all times across all settings.
- Ensure setting managers review individual eating plans and allergy updates at least annually or after any incident.

Setting Manager

- Menus are planned, displayed and communicated to parents.
- Ensure allergen matrix is displayed in the kitchen and all staff aware.
- Maintain food hygiene certificates for kitchen staff and ensure environmental health inspections are managed.
- Cultural or religious requirements are maintained and all staff are aware.
- Ensure individual eating plans and allergies at least annually or after any incident.
- A paediatric first aider is present at any eating times.
- Ensure staff are not distracted at meal times and always children-facing.
- Recording and reviewing of any and all choking incidents and near-misses B0007 Incident & Near Miss reporting.
- Will ensure named person is responsible for checking each individual food to individual food plan and allergy info.

Kitchen Staff / Chef

- Hold a current Level 2 Food Hygiene certificate (or higher where appropriate).
- Follow HACCP-based food safety management practices.

Key Person

- Know the dietary requirements of each child in their key group.
- Support children to develop healthy eating habits.

Meal Provision and Standards

- Menus are planned in advance and rotated regularly.
- Meals include a balance of fruit and vegetables, carbohydrates, protein, and dairy or alternatives.
- Fresh drinking water is available at all times.
- Sugary drinks and high-sugar snacks are avoided.
- Introducing solid foods based on each child's individual developmental stage (not age alone), done in consultation with parents.

Menus are made available to parents and reviewed regularly.

Safer Eating & Mealtime Supervision

- Paediatric first aid-trained staff member present at every mealtime.
- Staff are always facing children while they eat.
- Food is prepared to prevent choking appropriate to each child's stage.
- Appropriate seating (highchairs/low chairs) provided.
- Minimal mealtime distractions for both staff and children
- Recording and reviewing of any and all choking incidents and near-misses in B0007 form.
- A named person is responsible for checking each individual food to individual food plan and allergy info.

- **Dietary Requirements and Allergies**

Bloom takes dietary needs seriously. Parents must provide written information regarding:

- Allergies.
- Intolerances.
- Medical dietary needs.
- Cultural or religious requirements.
- Individual care plans are created where required and shared with all relevant staff.
- Individual care plans reviewed at least annually, or after any incident
- Allergy information is clearly displayed for staff in food preparation and serving areas.
- A named staff member responsible for checking each child's food against allergen or individual food plan.
- Cross-contamination procedures are strictly followed.

KEY RULE: Staff are trained to recognise and respond to allergic reactions, including the use of adrenaline auto-injectors where prescribed.

Food Preparation and Safety

- Food is prepared in line with the Food Safety Act 1990 and the setting's Food system.
- Staff involved in food preparation hold appropriate food hygiene certificates and follow handwashing and PPE procedures.
- Food is stored correctly and temperature controlled.
- Expired or unsafe food is disposed of immediately.

- Food preparation is governed by the Bloom HACCP Food Safety Policy (B0035), which sets out all critical control points, temperature requirements, cleaning schedules, and incident procedures.

Promoting Healthy Eating

Bloom encourages positive attitudes to food by:

- Using mealtimes as social learning opportunities.
- Encouraging children to try new foods (never forcing).
- Staff acting as positive role models.

Food-related learning activities may include cooking, gardening and discussions about healthy choices.

Celebrations and Special Events

- Celebrations focus on healthy or non-food-based activities.
- Any food brought in from an external source **must** align with the setting's allergy guidance.

Communication with Families

- Menus are shared in advance.
- Feedback is welcomed and acted upon.
- Parents are consulted when dietary needs change.

Monitoring and Review

- Food provision is reviewed regularly.
- Feedback from children, parents and staff is considered.
- Policy reviewed annually or following any change in legislation or guidance.

Linked Policies and Documents

- Illness and Infection Control Policy
- Health & Safety Policy
- Bloom Food Safety Management System (HACCP)
- SEND Policy
- Safeguarding and Child Protection Policy

Policy Approval and Sign-Off

DECLARATION			
Role	Name	Signature	Date
Managing Director / Duty Holder	Mark Johnsn		1 st October 2026