

Food and Drink Policy

Policy Statement

The nursery regards snack and meal times as an important part of the day. Meal times represent a social time where children can learn about healthy eating. The nursery provides snacks and meals which are healthy and that meet children's individual dietary needs.

Procedures

The nursery follows these procedures to promote healthy eating:

- Before a child starts at the nursery, parents provide details about their child's dietary needs and preferences, including any allergies.
- Each child's dietary needs are recorded in the Children's Personal Details Record and parents sign the form to confirm that dietary information is correct.
- Parents are regularly consulted to ensure that the records of their children's dietary needs are up-to-date. Parents sign the updated record to confirm that dietary information is correct.
- The nursery displays current dietary information about individual children so that all practitioners are fully informed of them. This information is also detailed on children's individual placemats.
- The nursery implements systems to ensure that children only receive food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- Menus are planned in advance and parents and children are encouraged to contribute menu suggestions. Children with dietary restrictions will have individual menus implemented.
- The nursery menu is displayed in the nursery lobby, children's rooms and copies are provided for all parents.
- The nursery provides nutritious meals and snacks, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.
- The nursery menu includes a variety of foods from the four main food groups; Meat, Dairy foods fish and protein alternatives, Grains, cereals and starch vegetables, Fruit and vegetables.
- The nursery aims to include foods from the diet of the children's cultural backgrounds, which provides children with familiar foods as well as introducing them to new ones.
- The nursery takes care not to provide foods which contain nuts or nut products and are vigilant at all times.

- Children are discouraged from sharing and swapping food so that practitioners can prevent children with allergies coming into contact with something they are known to be allergic to.
- The nursery provides a meat or fish option and a vegetarian alternative each day.
- Through discussion with parents and research, we obtain information about the dietary rules of the religious groups to which children and their parents belong.
- Practitioners will show sensitivity in providing for children's diets and allergies. Practitioners do not use a child's diet or allergy as a label for the child, or make the child feel singled out because of his/her diet or allergy.
- The nursery organises meals and snack times so that they are social occasions in which children and practitioners participate.
- The nursery use meals and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- The nursery provides children with utensils that are appropriate for their ages and stages of development.
- The nursery will have fresh drinking water available for the children at all times The nursery will inform parents who provide food for their child if aged under one year that:
 - food provided is labelled with the child's name, description of food and date of preparation. Unlabelled food WILL NOT be accepted.
 - food can only be reheated once to a temperature of 83°C and this is recorded on the Babies Food Temperature Log.
 - rice products cannot be reheated.
- The nursery provides cow's milk. Full fat cow's milk is supplied for children under two years and semi skimmed for children two years and above.
- Feedback regarding how their children have eaten is displayed on feedback sheets which can be found either within their unit or outside of their classroom.