



Approved by Headteacher	November 2022
Review	Autumn 2024

## **Nursery Food and Drink Policy**

### **Policy Statement**

This setting regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating. The nursery promotes healthy eating during snack times and lunchtimes.

### **Aim**

At snack times we provide fruit and milk for the children. Water is consumed freely through the day from the child's own water bottle. At mealtimes, there is an option to purchase a cooked meal from the school kitchen where we aim to provide nutritious food, which is varied over a three week menu. Children may also bring a packed lunch which should be healthy and balanced.

### **Procedure**

We follow the procedures below to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- School lunch menus are displayed in school for the information of parents.
- We provide nutritious food at all meals and snacks
  - We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
  - We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.

- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We provide a vegetarian alternative on days when meat or fish are offered.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. Children are to bring in a water bottle which can be re-filled during the day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their own food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk.
- Ofsted must be informed of any food poisoning outbreak of 2 or more children as soon as practicably possible. Within 14 days. It is an offence not to do so.

#### *Packed lunches*

- inform parents of our policy on healthy eating
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or creme fresh (petit filou) where we can only provide cold food from home.
- discourage sweet drinks and can provide children with water or diluted fresh fruit juice
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion