

## **Food and Drink Policy**

### **Policy statement**

We regard snack and lunch times as an important part of the day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. At snack time we aim to provide nutritious food, which meets the children's individual dietary needs and as the parents/carers provide a packed lunch parents/carers are advised of healthy options of food to include for their child.

British Values are addressed when discussing favourite foods, foods eaten at home, and food around the world. Democracy is practiced as the children decide on a fair way to decide whose turn it is to give out cups and plates etc.

### **Procedures**

We follow these procedures to promote healthy eating in our nursery.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- Key Persons 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 updated record to signify that it is correct.
- We display current information about individual children's dietary needs in the kitchen during nursery sessions 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, by consulting the allergy and medical alert information that we gather from the parents/carers on entry to nursery which is stored in the child's individual file in the nursery store and also transferred to alert posters to display daily in the kitchen.
- A child who has a food allergy has a named allergy alert sticker on a designated plate and cup so that everybody is aware.

- We display the daily snack menu in the nursery foyer for parents to view.
- We provide milk or water and nutritious food snacks avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We mainly provide fruit and vegetables.
- We aim to include foods from the diet of each of the children's cultural backgrounds through celebrating festivals that the children participate in at home, at nursery and welcoming contributions from parents when we have parties/open mornings etc., providing children with familiar foods. There is also an opportunity for parents to include specific, familiar food for their child for lunch time. This is a great opportunity to practice British Values by looking at similarities and differences between the food the children are eating and discussing experiences of food and preferences.
- We take care not to provide food containing nuts or nut products and we are especially vigilant when we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We do not offer meat or fish at snack time if this was ever the case we would make every effort to ensure Halal meat or Kosher food was available for children who require it.
- We show sensitivity in providing for children's diets and allergies. We 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 organize snack and lunch times so that they are social occasions in which children and adults participate.
- We use snack and lunch 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. We inform the children about how to obtain the water and that they can ask for water at any time during the day. We encourage children to bring in their own labelled bottle of water daily to help to prevent cross contamination of any germ.
- We inform parents who provide food for their children about the storage facilities available in the nursery.

- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide whole pasteurised milk.

### **Packed lunches**

For children staying longer than the 3 hour morning session children are required to bring packed lunches. We:

- Ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- Inform parents of our policy on healthy eating;
- Inform parents of whether we have facilities to microwave cooked food brought from home;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraîche, We discourage sweet drinks, sweets and chocolate. We can provide children with water;
- We 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;
- We ensure that the lunch tables have been cleaned with kitchen paper and anti-bacterial liquid before the children sit down-see COSHH audit on notice board on left of nursery entrance
- We ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.
- We encourage the children to dispose of any waste food products in the relevant slop buckets. One for food waste and one for liquid waste. These are disposed of directly into the appropriate council bin situated outside the kitchen door for removal and the buckets are washed and disinfected in the butler sink in the toilet area.

### **Food Poisoning**

- We notify OFSTED of any food poisoning affecting two or more children looked after at nursery as soon as it is reasonably practical ,but in any event within 14 days of the incident.

### **Legal framework**

Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Other useful Early Years Alliance publications

Nutritional Guidance for the Under Fives (Ed. 2010)

The Early Years Essential Cookbook (2009)

Healthy and Active Lifestyles for the Early Years (2012)

### **Further guidance**

Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted at a Management Committee meeting of Tilbury Nursery

Held on \_\_\_\_\_ (date)

Date to be reviewed \_\_\_\_\_ (date)

Signed on behalf of the Management  
Committee

Name of signatory

Role of signatory