

Aclet Close Nursery School

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Food and drink

Policy statement

Our provision regards snack time as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating and at snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

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

- Before a child starts to attend the nursery, we ask parents about their dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs.
- We regularly consult with parents to ensure that our records of their child's dietary needs – including any allergies, are up-to-date.
- 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.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide children with familiar foods and introduce 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 discussions 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, as well as about food allergies. We take account of this information in the provision of food and drinks.
- 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 his/her diet or allergy.
- We use snack times to promote independence and choice. This is often a social occasion where small groups of children eat and chat together. We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices of their cultures.
- We have fresh drinking water constantly available for the children. The children can ask for water at any time during the day.
- Breakfast cub is available from 8am – 8.30am daily. Various cereals as well as yogurt and fruit is available with milk and drinking water.

- We inform parents who provide food for their child about the storage facilities available at the nursery.
- We give parents who provide food for their child 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 semi-skimmed pasteurised milk. Water is available for children with allergies to milk.

Packed lunches

The Nursery does not provide cooked meals and children are required to bring packed lunches, we:

- encourage parents to provide an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based desserts, such as yoghurt or crème fraiche. We discourage sweet drinks and provide children with fresh drinking water.
- 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;
- provide children bringing packed lunches with fresh water, glasses and cutlery;
- ensure staff sit with children and encourage good manners.

Legal framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs

Further guidance

- Safer Food Better Business (Food Standards Agency 2020)

Policy adopted: October 2019

Date reviewed: October 2020/October 2021/September 2022/December 2023

Date for next review: December 2024