

PEMBURY SCHOOL HOUSE NURSERY

Food & Drink Policy

Statement of Intent

At nursery eating represents a social time for children and adults and provides the opportunity to learn about healthy eating.

Aim

At snack-time, we aim to provide snacks from the four food groups (starch, fruit and vegetables, protein and dairy), which meet the children's individual dietary needs in accordance with the 'Eat Better Start Better' Guidelines for the Early Years. We aim to meet the full requirements of Food and Drink Standards.



Methods

To meet this aim;

- we find out from parents, their child's dietary needs, including allergies, prior to the child attending nursery.
- we record information about each child's dietary needs in his / her registration record and parents sign the record to signify that it is correct.
- we regularly consult with parents to ensure that our record 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 the children receive only food and drink which is consistent with their dietary needs and their parent's wishes.
- we provide nutritious food at all snack-times, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings.
- we obtain information about the dietary rules of the religious groups to which children and their parents belong, vegetarians and vegans and food allergies, through discussion with parents and Staff research reading. 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 organise snack-times so that they are social occasions in which the children and Staff participate.
- we use snack-time to help children to develop independence through making choices, taking the drinks order, pouring the drinks and feeding themselves.
- children are provided with a water flask, so that water can be accessed at all times during the session. This can be re-filled by a member of staff, upon request.
- we provide pasteurised milk for the children.
- all precautions will be taken to prevent contamination however we will notify Ofsted of any food poisoning affecting two or more children in our care.

This policy was updated and adopted by the Trustees of Pembury School House Nursery.