
Food and Drink Policy.

Statement of intent

This nursery regards snacks and meal times as an important part of the nursery day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary requirements.

Methods

- Before a child starts to attend the nursery, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.
- We display current information about individual children's dietary needs along with a picture in the office so that all staff and volunteers are fully informed. We also have an alert printed on the child's place mat.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parent's wishes.
- We have the menus on display for the parents to see and complete a tick chart during lunch to indicate what each child has eaten.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered:
 - protein for growth; and
 - essential minerals and vitamins in raw foods, salads and fruits.
- 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 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.

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- 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 which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
 - The children have a water bottle that is left at nursery, so that we can ensure that it is cleaned thoroughly. The water bottle is accessible to children at all times and is monitored regularly.
 - In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate snack.