



# ROEDEAN MOIRA HOUSE NURSERY - FOOD AND DRINK POLICY 2018-2019

## 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 areas where food is served 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.
- 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.

- We do not permit juice at the nursery. 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. The children have a choice of milk at snack time.
- It is important for children to maintain fluids during the day and we understand that some children do not like water, in this instance we suggest that they are encouraged to drink water with fresh fruit in.
- We use snack time to encourage the development of children's independence and to understand their needs. We have a snack bar in place so children can decide when they want snack.
- At snack time we have a 3 week rota system so that all the children access different snack items. We also have a fruit of the week, where the children are able to try different fruit.
- We have a fortnightly cooking session. The children get to taste what they are going to cook the week prior to cooking. Cooking is carried out in small groups.
- The children are encouraged to brush their teeth after lunch.
- The nursery promotes breastfeeding and will do all they can to accommodate breastfeeding.
- We appreciate that some children are fussy eaters, and ensure that we take a sensitive approach to these situations. Lunchtime is a social, happy time and most teachers eat with the children and provide good role models. Fussy eaters will be encouraged to try food and will be assessed on an individual basis as to how best to handle them and all staff will be aware of this and take the same approach.
- All staff have completed a food hygiene course provided in house by the Catering Manager.

## Related policies and documents

This policy should be read in conjunction with the following policies and documents:

Employee Handbook  
Staff Handbook  
Code of Conduct for Employees  
Health Safety Handbook  
Boarding Staff Handbook  
National Minimum Standards for Boarding Schools  
ISI Handbook for the Inspection of Schools, Regulatory Requirements  
Teachers' Standards  
Departmental Handbook  
Keeping Children Safe in Education  
Safeguarding Policy  
Nursery Policies  
Complaints Policy (Parents)  
Complaints Policy (Pupils)

POLICY REVIEWED BY SCHOOL: May 2018

POLICY REVIEWED BY SCHOOL COUNCIL: June 2018

NEXT REVIEW: May 2019



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