



St Hugh of Lincoln Nursery School

Food and Drink Policy

Aim

At the heart of our approach to food and drink in the Nursery is the belief that eating and preparing food should be an enjoyable experience. We aim to promote an enjoyment of a healthy and balanced diet through learning opportunities in our curriculum and in our daily routines.

Methods

1. The Nursery will inform Ofsted of any incidence of food poisoning affecting two or more Nursery children as soon as possible and in any event within 14 days of the outbreak.
2. We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
3. Parents are reminded once a term in a newsletter to keep Nursery informed of any changes in their children's dietary needs - including any allergies, so that we can ensure our records are up to date. Parents sign the up-dated record to signify that it is correct.
4. We display current information about individual children's dietary needs on the inside of the cupboard door above the food preparations sink so that all staff and volunteers are fully informed about them.
5. 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.
6. 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.
7. 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 her/his diet or allergy.
8. We provide a healthy snack for all children during each session consisting mainly of fresh or dried fruit. We ensure that this snack is prepared in line with food hygiene regulations.
9. We ensure that children have washed their hands before snack time, lunch time or when eating or preparing food as part of the wider curriculum.
10. We organise meal and snack times so that they are social occasions in which children and staff participate.
11. We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
12. We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can have a drink of water at any time during the session/day.
13. We include a variety of food related learning experiences within our curriculum to promote an understanding and enjoyment of a healthy and balanced diet, for example looking at, dissecting and tasting different fruits or vegetables, sharing a Chinese meal at Chinese New Year.
14. Awareness of the procedures surrounding the handling, preparation and eating of food is included in staff induction.

Packed lunches

15. Children who stay for lunch are required to bring their own packed lunch. We do not have facilities for refrigerating perishable food, but we advise parents on safe storage of food.
16. In order to protect children with food allergies, we do not allow children to share or swap their food with one another.
17. We inform parents of our policy on healthy eating;
18. We encourage parents to a healthy packed lunch containing food from each of the main food groups.
19. We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
20. During lunchtime staff help children to open packaging and supervise their eating to ensure that children eat savoury food and fruit before dessert items. Any child who does not have a drink in their lunchbox is provided with water or squash.

Food and Drink Information for Parents

At the heart of our approach to food and drink in the Nursery is the belief that eating and preparing food should be an enjoyable experience. We aim to promote an enjoyment of a healthy and balanced diet through learning opportunities in our curriculum and in our daily routines.

Dietary Requirements

All parents are required to fill in a dietary requirements form for their child prior to them starting at Nursery. This outlines any special dietary requirements, in particular any allergies as well as food likes and dislikes.

A summary of all food allergies is compiled so that all staff are aware of these allergies and prevent exposure to unsuitable foods.

Café Time

As part of each Nursery session children are involved in café time. Children are sent to wash their hands before joining other children at the café table for a drink of water or milk and a healthy snack. Children pour their own drink and help themselves to the snack usually consisting of a choice of fresh fruit, bread sticks or raisins. At times children prepare the vegetables we have grown in the garden such as radishes, carrots or peas and have these at cafe time. On other occasions we try the food we have cooked in the session such as apple crumble or scrambled eggs and sometimes try food from foreign lands such as houmous or tzatziki.

Food within the Curriculum

Exploring and sharing different foods provides a whole host of learning opportunities and we aim to introduce all children to the concept of enjoying a healthy and balanced diet. Activities involving food include – looking at a variety of fruits and vegetables, printing with vegetables, cooking (especially for special occasions in the calendar), learning about and sharing food from different cultures, art and crafts, role play such as shopping or a restaurant.

Drinking Water

Children have access to fresh drinking water throughout the session. They are shown where to get a drink and where to put their cup for washing when they first start Nursery.

Packed Lunches

Children who stay for lunch are required to bring a packed lunch. We do not have refrigeration facilities at Nursery and parents are asked to bear this in mind when selecting and packing food. We recommend the use of an insulated lunch bag packed with food that has first been refrigerated at home. Small ice blocks are available from a number of retailers and are a good way of ensuring that food remains at a safe temperature until lunchtime.

We keep a record of any allergies and ensure that children with allergies are not seated at the same table as another child with lunch containing these foods. Staff should check lunchboxes of the other children sitting at the table of any child with an allergy. As an extra precaution children are not allowed to swap or share food with one another.

Children are sent to wash their hand before lunchtime. Requests from children to sit with particular friends are recorded so that lunchtime is enjoyed as a social occasion.

Nursery aims to promote an enjoyment of a healthy and balanced diet and parents are asked to help us in this through the choices of food in lunch boxes. We specifically request that parents do not include sweets in lunches.

Current government guidance on packed lunches is as follows:

Packed lunches should contain:

- *at least one portion of fruit and one portion of vegetables every day.*
- *meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day*
- *oily fish, such as salmon, at least once every three weeks.*
- *a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.*
- *dairy food such as milk, cheese, yoghurt, fromage frais or custard every day*
- *only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.*

Packed lunches should not include:

- *snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.*
- *Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.*

Signed by (Chairman)

Dated

Review date