



St Hugh of Lincoln Nursery

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. Information about each child's dietary needs is recorded in their registration record and is signed by the parent. The record of each child's dietary needs is stored in a safe place so that all staff are aware of individual needs.
2. Parents are reminded once a term in a newsletter to keep the 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.
3. 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.
4. To ensure children remain as safe as possible we have a *no nut* policy in the nursery.
5. 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.
6. We provide a healthy snack for all children during each session consisting of fresh fruit. We ensure that this snack is prepared in line with food hygiene regulations and all practitioners preparing food have had Food Safety and Hygiene training.
7. We ensure that children have washed their hands before and after snack time, lunch time or when eating or preparing food as part of the wider curriculum.
8. We organise lunch and snack times so that they are social occasions in which children and staff participate.
9. We use lunch and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
10. We have fresh drinking water constantly available for the children. We inform the children about how to help themselves to the water and that they can have a drink of water at any time during the session/day. At snack and lunch times we offer fresh drinking water and cows milk.
11. 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 growing, harvesting, preparing and cooking our fruits and vegetables grown in the garden. We also look at, cut and taste healthy foods from around the world.
12. Awareness of the procedures surrounding the handling, preparation and eating of food is included in staff induction.
13. 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.

Packed lunches

- 14 Children who stay for lunch are required to bring their own packed lunch. We do not have facilities for refrigerating perishable food or for heating foods, but we advise parents on safe storage of food.
- 15 In order to protect children with food allergies, we do not allow children to share or swap their food with one another.
- 16 We inform parents of our policy on healthy eating at the New Parents Evening, newsletters each term and in the admissions pack. We also provide a leaflet on the importance good dental hygiene.
- 17 We encourage parents to bring a healthy packed lunch containing food from each of the main food groups.
- 18 We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- 19 During lunchtime, staff help children to wash their hands, 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 milk.
- 20 When children have finished their lunch, they are then asked to wash their hands again before they start to play.

Parents receive an information sheet regarding food and drink in the nursery in their nursery information pack.