

# Food & Drink Policy

Unique Child	1.4 Health and wellbeing
Positive Relationships	1.1 Parents as partners
	1.10 Key person
Enabling Environments	3.47 Supporting every child

We aim to provide children in our care with a healthy, nutritionally balanced diet, which will promote a positive approach to healthy eating. Throughout the day we aim to meet a child's nutritional needs whilst catering for individual requirements e.g special diets, cultural needs. Through activities, stories and visitors, we promote good oral hygiene and children are able to bring their toothbrush from home to continue care at nursery too.

The nursery provides a daily menu consisting of breakfast, snacks, lunch and tea. Weaning progress will be discussed with parents and we will seek up to date advice from a health visitor.

Drinking water is available throughout the day. During mealtimes we encourage independence and choice. Staff sit with children during mealtimes to encourage social skills and ensure safety supervision.

The nursery caters for all children, including special diets and children with allergies. Every child (CSP SITE) has a placemat and children who have an allergy/dietary requirement will have it stated on their placemat with a different colour plate for certain allergies. Parents will be involved in devising special menus.

We do not use food as a reward or punishment under any circumstances. Festivals and celebrations are recognised.

We will inform Ofsted within 14 days if we have 2 or more cases of food poisoning.

## **Packed Lunch Policy**

We operate a healthy eating ethos throughout our nursery and this follows through in to packed lunches that are brought in from home. We ask that parents follow our policy when preparing their child's nursery packed lunch.

We supply milk or water for your child to drink.

- Ensure a starchy carbohydrate i.e. brown bread, potatoes, rice or pasta.
- Include a fresh piece of fruit or vegetable.
- Include a source of protein i.e. egg, fish, cheese, lean meat
- Include a low fat snack i.e. yoghurt, sugar free jelly or fruit bread.
- NO sweets or chocolate bars.
- Example Lunchbox
- Ham wholemeal Sandwich or Chicken wholemeal wrap, Cold pasta with pesto
- Apple and cucumber sticks
- Cheese Chunks
- Sugar free Jelly Pot

## **Dietary requirements**

It is the parent's responsibility to inform the Centre either at the key worker visit or in writing of the child's dietary requirements.

We cater for all dietary requirements by using the following procedure:

1. A list of all children with dietary requirements including detail is displayed in the kitchen to enable the cook to make alternative provisions.
2. Before any food is consumed all children are given placemats and those with dietary requirements are stated on their placemat to ensure that all staff present are aware of any child's dietary requirement.