

Watermead Food & Drink Policy

Unique Child
Positive Relationships

1.4 Health and wellbeing
1.1 Parents as partners
1.10 Key person

Enabling Environments

3.47 Supporting every child

We aim to help ensure that children in our care are provided with a healthy, nutritionally balanced diet, and promote a positive approach to healthy eating. We focus on a balance with a child's nutritional needs, whilst also taking into account individual requirements e.g special diets, cultural needs. We cook regularly with the children, taste different foods and celebrate a wide variety of festivals such as Easter or Chinese New Year through food as well as cakes on Birthdays.

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.

We provide a choice of toast and cereals for breakfast. For snack time we combine a healthy piece of fruit or vegetable with a carbohydrate such as crackers, breadsticks or crumpets.

Dietary requirements

It is the parent's responsibility to inform us 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
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 dietary requirement.

Drinking water is available throughout the day. Staff sit with children during mealtimes to encourage social skills and ensure safety supervision, but we also strongly promote independence.

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

Children should bring in named snack boxes, lunch boxes and water bottles. 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
- No sweets or chocolate

- No nuts
- No grapes
- Example: Wholemeal ham sandwich or chicken wrap or cold pasta with pesto
- Apple and cucumber sticks
- Cheese Chunks or fruit bread
- Sugar free jelly pot or yogurt

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.