



# Healthy Food and Drink Policy

## Statement of intent

Pensans Nursery regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and provides an opportunity to develop speech and language skills and to learn about healthy eating.

## Methods

Children's dietary needs and preferences, including any allergies or cultural requirements will be established through the registration form, completed by parents/carers prior to them starting our setting. Any allergies will be recorded on a care plan and stored in the EYFS kitchen – medication cupboard.

We will consult annually with parents to ensure that our records are correct and encourage parents to inform the setting of any new requirements as soon as possible.

We display current information about individual children's dietary needs within the setting (kitchen and on Scholar Pack) so that all staff and volunteers are fully informed about them.

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 parent's wishes. In the event of a reaction then staff will follow the school's 'Supporting pupils with medical conditions policy' and child's care plan.

We are committed to promoting healthy eating and provide guidance to parents/carers providing food for their children on a range of suitable healthy snacks, and foodstuffs through home visits, newsletters, on the website and through 'Stay and Play' sessions.

Children who do not receive breakfast at home will be offered this when they arrive, if this is agreed with parents/carers.

We provide opportunities for children to learn to grow food, prepare food, and learn about a healthy diet, hygiene and oral health.



When food is provided we ensure that it is healthy, balanced and nutritious, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

We ensure that all staff receive food hygiene (renewed every 3 years) Staff are encouraged to bring in a healthy lunch box to set a good example to the children.

Staff will sit with children while they eat and will provide a good role model for healthy eating.

We will include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

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.

We provide a daily written sheet detailing what they have eaten and drunk for all children under 3 years. (Parents/carers of all children will be advised if their child is not eating well).

We organise meal and snack times so that they are social occasions in which children are encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

We use meal and snack times to help children to develop independence though making choices, serving food and drink and feeding themselves.

We have fresh water constantly available for the children. We inform the children about how to obtain the water and that they can access water at any time during the session/day.

Milk or water is offered to all children at snack times unless parents request otherwise. Fruit and something savoury is provided at snack times (mid-morning and mid-afternoon).

We inform parents who provide food for their children about the storage facilities available in the setting and also to mark containers.

In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

We will notify Ofsted in writing as soon as it is reasonably practicable to do so, but in any event not later than 14 days after the event has occurred, of any food poisoning incident affecting two or more children looked after in the setting.



Children will have equal access to outdoor and indoor areas. This will ensure that they have an opportunity to be exposed to summer sunlight which helps their bodies to make Vitamin D.

Parents/carers are permitted to bring cakes into the nursery for the children on special occasions.

### **Packed Lunches**

We request that parents label them.

Encourage parents to provide sandwiches with a healthy filling, fruit and milk based desserts such as yoghurt or fromage frais. We discourage sweet drinks and provide children with water or diluted pure fruit juice. Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cake or biscuits. We expect the children to eat savoury items first then fruit and any sweet products provided last, however withholding food will not be used as a form of punishment and children will still receive dessert if they refuse the savoury item.

Provide children bringing packed lunches with plates and cups and cutlery as required. Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion. We also ask that parents do not put nuts in their child's lunch box due to the allergy risk involved.

### **School Lunches**

'The Government announced new legal standards for school food in England in May 2006 and the School Food Trust was asked to lead their national implementation. The national standards make sure that the average school lunch offers the right mix of energy and nutrients for growing children – about a third of their daily requirement. They also limit children's exposure to sugary, fatty, and salty foods, providing food and drinks that are packed with essential nutrients rather than those full of empty calories. The confectionary, crisps and sugary drinks are gone'.

Hot lunches at the nursery are provided by Pensans School.

Lunches are prepared in the school kitchen and down to the nursery by a member of staff on our lunch trolley at lunchtime.



Lunches are unpacked in the nursery kitchen and the temperature checked with a food thermometer before serving to the children.

Parents must decide whether or not their child will have a packed lunch or school lunches on the days they attend nursery.

Menus are prepared on a three week rota and will be issued to parents at the start of each term as well as being displayed on the nursery's website.

Parents of children with allergies or specific dietary requirements must inform the nursery of items on the menu that may need to be avoided.

These are displayed in the kitchen.

The charges for school lunches will be paid for via Parent Pay and are separate to the fees invoices.

Adopted by Pensans Governors on: \_\_\_\_\_

Representative of Pensans Governors Signature:

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Review Date: September 2023