

Food and drink

EYFS: 3.47-3.49

Policy statement

Our Nursery regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs and the Voluntary food and drink guidelines for early years settings in England.

Procedures

We follow these procedures to promote healthy eating in our nursery.

- Parent's record information about their child's dietary needs on the registration form. Our catering manager will then discuss any dietary requirements with the parent/carer during the child's settling in visits and a dietary requirement form must be completed.
- If a child has an allergy, the nursery will need a confirmation letter of diagnosis from a doctor or paediatrician before the child starts the nursery. (See the Managing Children who are Sick, Infectious or with Allergies Policy) A health care plan will then be written by the child's key person and parent/carer. A copy of the care plan is then kept in the room which the child attends, the office and the kitchen.
- Any relevant medication must be provided to nursery before the child starts.
- If a diagnosis is made while a child is already in the nursery, we will need a letter of diagnosis from a doctor or paediatrician as soon as possible and an appointment must be arranged to discuss the dietary requirements with the catering manager.
- We cannot cater for preferences unless it is due to a medical reason, a cultural/religious reason or a lifestyle choice such as vegetarian. We require a letter of confirmation for a medical reason and a health care plan to be completed.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct. The key person is responsible for disseminating the up dated information to team members, management and the kitchen staff.
- We display current information about individual children's dietary needs 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.

- We plan menus in advance to ensure they are nutritionally balanced and varied across the week, these are then shared with parents via parent mail.
- We display the menus of meals/snacks for parents to view.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- We 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 do not provide food containing nuts or nut products. We strive to maintain a nut free nursery (to ensure any children with a nut allergy, or children who have not yet been exposed are not at any risk)
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We provide a vegetarian alternative on days when meat or fish are offered.
- 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 organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink which is done in the pre-school and toddler room and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the babies and a drink station is accessible in the toddler and pre-school room at any time during the day. We inform the children how to access drinks during the day
- In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
- We inform parents who provide food for their babies about the storage facilities available in the Nursery.
- We inform parents who provide food for their babies about suitable containers for food and that these are clearly labelled with the date to use by and food description.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide whole pasteurised milk.
- For each child in our baby room and our toddler room, information regarding snacks and meals is uploaded daily on to parent zone. For children in our pre school room, parents are informed verbally when the child is collected.
- Information is available for the parents/carers with regards to what allergens are in the food we provide.

- All allergens are displayed alongside the menus to show the contents of each meal. This is displayed on the information board outside the kitchen.
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of dangers of sharing certain foods.
- Quantities offered take account of the age of the children being catered for in line with recommended portion sizes for babies and young children.
- Parents or visitors are not to give food or drink to any children other than their own when attending a nursery event or outings to prevent any children with special diets being given the wrong food.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.
- EU Food Information for consumers Regulations (EU FIC)
- Food Information Regulations 2014 (FIR)

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)
- Allergen Information for loose foods (2014)

This policy was adopted at a meeting of

Littleworld Day Nursery

Held on

25th May 2021

Date to be reviewed

May 2022

Signed on behalf of the provider

Jennie Campbell

Name of signatory

Jennie Campbell

Role of signatory

Nursery Manager