



Food and Drink Policy

Statement of intent:

The Bramble Day Nursery regards snack and meal times as an important part of the nurseries session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating. The nursery has regard for the Allergen Awareness 2014 legislation and all cooks have received training and follow a system to record ingredients of all meals prepared on site.

Aim:

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of the Early Years Foundation Stage.

Methods:

- Before a child starts to attend the nursery, we find out from parents their children's dietary needs, including any allergies and the severity of these.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- 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 updated record to signify that it is correct.
- 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 which is consistent with their dietary needs and their parents' wishes.
- We plan menus in advance, trying out new foods where we can, taking note of which particular foods the children enjoy and reflect cultural diversity and variation.

- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered: - protein for growth; and - essential minerals and vitamins in raw foods, salads and fruits.
- 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.
- 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, and about food allergies. We take account of this information in the provision of food and drinks.
- 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.
- Babies are weaned in accordance with parents' wishes and health promotion recommendations.
- Staff set a good example and eat with the children and show good table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We have fresh drinking water constantly available and accessible for the children. It is frequently offered to children and babies and intake is

monitored. In hot weather staff will encourage children to drink more water to keep them hydrated

- We inform parents who provide food for their children about the storage facilities available in the nursery.
- We give careful consideration to seating to avoid cross contamination of food from child to child. 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 the dangers of sharing certain foods
- For children who drink milk, we provide whole and semi-skimmed pasteurised milk.
- We employ a qualified cook every day to prepare meals and plan menus.
- We do not allow children to bring in sweets or cakes from home, in order to eliminate the risk to children with allergies.
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.
- No child is ever left alone when eating/drinking to minimise the risk of choking

Information specifically regarding our allergy policies and practices can be found in the "Allergies and Allergic Reactions" policy