



FOOD AND DRINK POLICY

Safeguarding and Welfare Requirements / 3.47, 3.48, 3.49, 3.67

Statement of Intent

Precious Memories Day Nursery regards meal times and snacks as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At meal times and snack 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 related to healthy eating. The emphasis of the setting is on home-made food produced on the premises. All food will be prepared daily by our experienced and trained cook.

Methods

- Before a child starts at the setting we find out from parents/carers their children's dietary needs, including any allergies. Parents/carers will be asked to supply food for children with severe allergies, to ensure they are fully protected.
- We record information about each child's dietary needs on their registration record and parents/carers sign the record to confirm that it is correct.
- We regularly consult with parents/carers to ensure that our records are up to date. Parents/carers sign the updated record to confirm this.
- We display current information about individual children's dietary needs so that all staff are fully informed.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and parents'/carers' wishes.

- We display the menus of meals/snacks for the information of parents/carers.
- We provide nutritious food at all meal times and snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.

We include the following elements in meals:

- Protein for growth, essential minerals and vitamins in raw foods, salads and fruits.
- Foods from the diet of the children's cultural background, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents/carers and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents/carers belong, plus 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 their diet or allergy. Staff also discuss differences with children and have conversations with children on food preferences, be they philosophical, dietary or health.
- 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 develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their age and stage of development and that take into account cultural eating practices.
- We have fresh drinking water available at all times for the children. We inform the children about how to obtain water and that they can ask for water at any time during the day. In addition, we explain why drinking water keeps them hydrated.
- In accordance with parents'/carers' wishes we offer an appropriate meal or snack to children arriving early in the morning and/or staying late.

- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide whole and pasteurised milk.
- For each child under two years, we provide parents/carers with daily written information about feeding routines, intake and preferences.
- Staff must never consume hot drinks when the safety of the children could be compromised and they must ensure these are only drunk at appropriate times.
- Staff will wear aprons when serving food.

No Nuts Policy

- At the setting we endeavour to ensure that there are no nuts or nut traces in any of our food.
- Parents/carers must confirm with Precious Memories Day Nursery that, if sending cakes etc. to setting for their child's birthday, they do not contain any nuts or nut traces and must list the ingredients.