

## Food Policy

We believe that nutritious food and drink are essential for children's wellbeing. We will encourage children to gain an understanding of how food and water is essential to growth.

The sharing of refreshments can play an important part in the social life of children in the nursery as well as reinforcing children's understanding of the importance of healthy eating.

We ask that parent/carers share with us information about their children's medical and personal dietary requirements including any dietary changes so these can be catered for.

### The nursery will ensure that:

- Menus are planned in advance and food offered is fresh, wholesome and balanced.
- Menus are displayed for parents to see; all menus are rotated regularly and offer a balanced and nutritional diet. Each day we try to meet the 5 fruit and vegetables a day recommendation. As a setting we provide nutritious food at all snack and meal times avoiding large quantities of fat, sugar and salt, artificial additives, preservatives and colourings. Equally we recognise that children need certain amounts of fat and sugar to grow and develop.
- Menus will identify if any of the 14 listed allergens are present within the meal. These are:
  - Cereals containing gluten, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats
  - Crustaceans, namely prawns, crabs, lobster, crayfish
  - Eggs
  - Fish
  - Peanuts
  - Soybeans
  - Milk
  - Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
  - Celery (including celeriac)
  - Mustard
  - Sesame
  - Sulphur dioxide/sulphites, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit
  - Lupin which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
  - Molluscs like clams, mussels, whelks, oysters, snails and squid
- Only drinks of milk and water will be offered to your child throughout the day. Water will be available at all times.
- We advise parents/carers if their child is not eating well.
- We will provide a good role model for healthy eating through staff sitting with the children while they eat.
- We give children plenty of time to eat.

- Where a main meal is offered, the following elements are included: protein for growth, carbohydrate for energy and essential minerals and vitamins in raw foods, salads and fruits.
- Ensure staff respect the right of children to refuse food they do not like, once they have been encouraged to try it. The withdrawal of food will never be used as a punishment.

### **Safe Preparation & Storage of Food**

When preparing food the staff will observe current legislation regarding food hygiene and training by:

- Always washing their hands under running water before handling food and after using the toilet or changing nappies.
- Not being involved in food preparation if they are ill with infectious skin diseases or any other contagious illness.
- Never coughing or sneezing over food.
- Using clean cloths.
- Probing food before serving to ensure it meets the correct temperature & temperatures are recorded daily.
- Ensuring that waste is properly disposed of and is out of reach of the children.
- Making sure that all fruit and vegetables are washed before being served.
- Keeping tea towels scrupulously clean and washed between each session.
- Holding a current Food Hygiene certificate.
- Holding a current food allergen certificate.
- Having regard for food legislation and keeping up to date with any changes.

### **Ofsted Notification**

Should any incident of food poisoning occur, affecting two or more children, OFSTED shall be notified as a matter of urgency, within a maximum time span of 14 days.

### **Celebrations**

Any birthday cakes provided by parents must be shop bought and remain in the packaging to enable the allergen information to be available. Staff will not serve the cake in nursery but will then wrap the cake and send it home; it will be the parent's choice whether to allow their child to eat this.

### **Breastfeeding/bottle feeding**

North Halifax Partnership Children's Centres are breast feeding friendly sites and a private space will be offered to the parent to enable them to breast feed their child or express milk on site.

If a child needs milk feeds whilst in nursery we ask that parents/carers provide for this by bringing in expressed breast milk in a sterilised bottle or a sterilised bottle with a pre-prepared carton of milk or the correct amount of milk powder in a separate labelled container for us to add boiled water to. We ask that parents bring the correct amount of bottles their child will require during each day.

The bottles, once brought to nursery will be stored in the fridge, so we ask that parents label all the bottles they bring with their children's initials.

Times of bottle feeds will be recorded on a child's daily record sheet along with the amount of breast milk or formula/ milk they have drunk during each bottle feed. Empty bottles will be rinsed and sent home. In line with our **key person and intimate care** policy we try our utmost to ensure that the key person or secondary key person complete the bottle feeds for the children to promote intimate care for the children.

### **Cute Fruit Award**



Our nursery has been awarded with the Cute Fruit award; this means that we have been recognised as promoting good oral health and diet for all children attending nursery.

**Cute Fruit Plus**  
DENTAL HEALTH AWARD

**Packed Lunch Policy** – the following must be adhered to if parents accessing 30hrs child-care choose to bring their own packed lunch and snacks.

### **Aim of the Policy**

To ensure that all packed lunches and snacks brought from home and consumed in nursery provide children with healthy and nutritious food that is similar in quality to food served in nursery.

To promote consistency between packed lunches and snacks provided by parents and those that are provided by nursery.

### **Packed Lunches and snacks should include:**

- At least one portion of fruit and one portion of vegetables each day
- Meat, fish, eggs, or a non-dairy protein every day
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps) pasta, rice, couscous, noodles, potatoes or another cereal every day.

### **Packed Lunches should not include**

- Salty snacks such as crisps- instead include seeds, vegetables and fruit with no added salt, sugar or fat
- Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets

- Drinks of any kind other than whole fresh milk

Nursery will provide appropriate facilities for children eating packed lunches and ensure that fresh drinking water is available at all times.

We will work with parents to ensure that packed lunches meet the standards above.

As fridge space is not available parents are advised to pack lunches / snacks in insulated bags with freezer blocks where possible.

**Please Note**

Should lunches and snacks provided by parents fail to meet the standards an alternative will be provided by Nursery and an invoice will be raised.

If parents consistently fail to meet the expected standards the Early Education Funded Hours offered will be reviewed.