

Plymouth Nursery Schools Federation



Ham Drive Nursery School and
Day Care



Food and Drink Policy

Policy statement

Plymouth Nursery Schools Federation regards snack and meal times as an important part of our nursery day. Eating together represents a valuable social time for children and adults, and also provides children with the opportunity to learn about positive health and hygiene practices. We are committed to supporting children to develop healthy eating habits and to providing children with a range of nutritious foods that give due consideration to children's individual dietary requirements.

Procedures

We follow the following procedures to promote healthy eating in our setting;

- Before a child starts to attend the setting, we ask their parents/ carers about their child's dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form 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.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them to protect children. We carefully consider the placement of this information to ensure that it is readily available where needed e.g. in the kitchen/ snack areas.
- 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 parents' wishes.
- We involve children in discussions about healthy eating and involve them in making choices about what will be on offer during snack times.

- We display lunchtime menus for parents to view.
- We provide nutritious food for all meals and snacks, taking reasonable precautions to avoid foods containing large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We regularly 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.
- Where appropriate we include foods from children's cultural backgrounds for snack, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and individual reading, 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 and will make every effort to ensure Halal meat or Kosher food is available for children who require it.
- We show sensitivity in providing for children's diets and allergies. We 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 adults participate.
- We use meal and snack times to help children to develop independence through making choices and, where appropriate serving food and drink 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 children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in our setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

- We follow current guidance when providing children with whole fat or semi-skimmed milk and ensure that children under the age of 2 have access to full-fat milk in nursery.

- For each child under two, we provide parents with daily written information about feeding routines and daily intake. We will continue this for older children where there are concerns about their diet or where parents are monitoring what their child eats each day.
- We will liaise with parents to support children who are deemed to be 'fussy eaters'. We will never force children to eat food that they don't like and will not use food as a reward. Where appropriate we will give children smaller portions of food and praise their attempts at eating and trying new foods, even if they only eat a small amount. We will provide a range of foods to try for children during our daily snack times and will support them to try new foods. Where 'fussy eating' persists we will work in partnership with parents using advice from other professionals and resources such as the 'NHS guide to support fussy eaters':
<https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/#tips-for-parents-of-fussy-eaters>

Packed lunches

- As part of our induction process we provide information about healthy eating and healthy lunch boxes e.g. informing parents about cutting grapes lengthwise to reduce choking risk.
- Parents are advised to supply an ice pack with packed lunches that contain perishable items where these cannot be stored in a fridge.
- We inform parents where we have facilities to microwave cooked food brought in from home e.g. in the Day Care but not the Nursery School.
- We will discuss with parents the impact of lunch boxes that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits and reserve the right to return this food to the parent as a last resort if it is not appropriate.
- We provide children bringing packed lunches with plates, cups and cutlery; and we ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

Hot meals

- Plym Bridge hot dinners are provided by CaterEd. via the Tor Bridge High kitchen. Staff involved in preparing and serving food are trained in food hygiene practises. Hot dinners are currently not available at Ham Drive Nursery School and Day Care.
- All food supplied is checked to ensure that it is cooked to the appropriate temperature (63° or above). It is also checked again before being served to ensure that it is not too hot for the children to consume.
- Where food is reheated on site (e.g. in the Day Care) this is always done in line with the manufacture's guidelines. A probe is used to ensure that food items are reheated to a safe temperature and the food is checked before serving to ensure that it is not too hot for babies and young children.

- Children are provided with clean, age-appropriate cutlery and the food preparation area and tables are cleaned with a multi-surface cleaner before and after they are used.

Bottle Preparation

- Where we have young children and babies (e.g. in the Plym Bridge Day Care), we will liaise with parents during taster sessions regarding feeding times and eating habits.
- A 'milk chart' book is used to record when bottles are brought in from home. A member of staff records when children are fed and will write down the quantity consumed.
- A steriliser is used at the beginning of each day to ensure that utensils and (when appropriate) bottles and teats are sterilised.
- Bottles are heated in a jug of warm water and the temperature of the milk is checked prior to administration to ensure that it is not too hot for children. Where parents request it we will also provide milk at room temperature.
- Formula milk is always made in line with manufacturer's instructions.
- Any milk left over from the feed is discarded after 1 hour and the bottle is rinsed out and re-sterilised if it is to be used again in the same day.
- Cooled boiled water is available to top up drinking cups for babies under 1 year of age.

Agreed by the Governing Body: 16th October 2018

Signed:

Chairperson

Review cycle: 3 yearly

Next review. Oct 2024

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2018)