



Food And Drink Policy

Statement of intent

This setting regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Cricket Nursery promotes healthy eating.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- 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 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 and preference.
- We provide nutritious food at all snacks times, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. Cricket Nursery, is a complete nut free zone.
- 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 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 session/day.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide pasteurised milk.

Packed lunches

- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or creme fresh (petit filou) where they can only provide cold food from home.
- We discourage sweet drinks and can provide children with water or milk instead.
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent.
- Provide children bringing packed lunches with plates and cups and cutlery; if necessary and ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- Parents are requested to provide the packed lunch in a fully insulated bag to help keep the food fresh.
- Lunch bags are then kept in the coolest part of the nursery building.
- Contents of the bags will be checked and if required food will be transferred to the fridge in the kitchen.

Last reviewed on _____

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