



## Nursery Food and Drink Policy

### POLICY STATEMENT

Little Adventurers are committed to provide children with healthy and diverse menus.

We accommodate a variety of diets; vegetarian, vegan, various allergies and cultural/religious specifications.

Mealtimes are seen as not just something to get done or only seeing it as an opportunity to just nourish the body, but an opportunity to nourish the SOUL TOO !

A time to slow down, join together.

To nurture children through presence and connection.

A time for conversation and communication.

We do not hurry through these moments in the day.

### 2 NURSERY AIMS

2.1 Before the child starts in the nursery the Parent or Carer will be required to complete admission documentation that provides information on food intolerance/allergies, dietary needs and preferences. This information will be shared throughout the nursery and catering supplies.

2.2 Discussions with the Parent or Carer will take place before a weaning baby is transferred to food provided by the nursery

2.3 Mothers are welcomed into the nursery if they wish to continue nursing their baby

2.4 Parent or Carers are asked not to store food, sweets or drinks in bags which are left in the nursery rooms or corridors.

2.5 Parent or Carers are requested to provide a named cup/beaker for their child that can be used during times of the day other than snack and meal times.

2.6 We use meal and snack times to help children to develop independence through making choices by self- serving food and drinks and feeding themselves.

2.7 Children are encouraged to try small amount of all foods (subject to dietary requirements).

2.8 No child is ever left alone when eating or drinking to minimise the risk of choking.

2.9 We ensure that staffs sit with the children when eating to promote a social occasion, also to ensure safe supervision.

2.10 Staff to demonstrate sensitivity in providing children's diets, preferences and allergies. Staffs are not to use a child's diet, preferences or allergies as a label or to be singled out.

2.11 The nurseries embrace cultural differences i.e. eating habits are respected.

2.12 Food is never used as a punishment, or as a reward

2.13 Children are given time to eat at their own pace and not to be rushed.

2.14 Nursery staff will encourage lots of conversation, table manners, and use of words such as 'please' and 'thank you' during meal times.

2.15 The menus are displayed for Parent/Carer access.

2.16 Parents/Carers will be provided with a summary of the foods their child has consumed throughout the nursery session.

2.17 We provide utensils which are appropriate for their age and stage of development.

2.18 Nursery staff will encourage children by the age of 2 years to be drinking from an 'open cup' and by 3 years to be using a plate with knife and fork.

### 3 MEALS AVAILABLE

#### 3.1 Breakfast:

Children who arrive before 8.00am will be offered breakfast. The children are offered a selection of cereals and toast. Occasionally if a child arrives after this time and requires breakfast, this will be prepared for the child to have within their playroom at a convenient time when staffing is available to prepare and supervise the meal.

If there are persistent late arrivals requiring breakfast the Nursery Manager or Deputy Manager will meet with the parent or carer to discuss the arrival time of the session and if this needs to be amended.

#### Snack:

A snack will be provided mid-morning. This comprises of fruit or vegetables, one protein such as cheese or hummus, one carbohydrate breadstick, cracker or rice cake and milk or water to drink.

#### Drinks:

Fresh water is available for the children at all times throughout the day. Milk is offered at breakfast, mid- morning and teatime, as well as water. Occasionally in winter hot chocolate or warm milk is offered when there has been outdoor play.

In very extreme heat children may also be offered diluted juice to ensure they remain hydrated.

For children who drink milk, we provide whole pasteurised milk.

Fruit juices / squashes and fizzy drinks from home will not be offered.

#### Lunch:

A full cooked lunch is provided for the children by our cook.

The food is served at approved temperatures.

Staffs who prepare food for the children attend basic Food Hygiene Training.

All main meals contain at least one protein, one carbohydrate plus vegetables. The children have one portion appropriate to their age and a second portion will be offered of vegetables. There is one portion of dessert offered.

#### Tea:

A 'Light Tea' is offered between 3.00pm / 4pm where children are offered a variety of sandwiches i.e. Ham, cheese, tuna. Sometimes sandwich alternatives are offered like toast, crackers, crumpets, pancakes for Shrove Tuesday, or other foods relating to celebrations. Fruit or vegetables plus occasional yoghurts, hummus or foods the children have prepared may also be offered. Milk and water will also be available for the children.

3.2 We would recommend that children are offered an additional meal or evening snack when they are home.

3.3 The menus rotate on a four weekly basis and are balanced and nutritious which are reviewed on a regular basis. All menus are dietician approved to ensure the children consume foods within government guidelines. Menu's are planned around home favourites and the season.

#### **Lunch boxes**

Just because a child brings a lunch box into our setting, doesn't mean they have to eat from it.

-Items in a child's lunch box get placed on a plate and we sit and eat together.

-Mealtimes are an opportunity to breathe out, a mindful ritual!

-Staff consider how they ensure meal times really feed the soul.

\* lunch boxes are NOT placed on the lunch table, as they've possibly been on the floor, dropped, been in the boot of the car. Who knows when they last got wiped on the outside.

-We return the boxes to the main lunch box or place them under the child's chair until it's needed again.

-This is all part of The Curiosity Approach pedagogy? It's all about the way we switch our focus from planned activities and see EVERY part of the day as an opportunity for connection and learning.

-Instead of seeing lunchtime as a hectic, chaotic, inconvenience to rush through and get done. A routine that we just want cleared up and over with as quickly as possible, we see it as an important part of our day. A psychological shift in attitudes, changing the way we think, act and feel about routines.

#### 4 UNDER 1YR FEEDS AND BREAST FEEDING

4.1 Parent or carers must provide made up formula bottles in labelled bottles. This is stored in the room fridge until used. Please ensure your child attends nursery with the required amount of milk to be consumed for that session.

4.2 Milk is prepared, heated and stored following NHS guidelines.

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/>

4.3 Mothers are actively welcome to breast feed their child during the session. We can provide a quiet area for comfort and also a sofa area within the under 2 room.

4.4 \*Please note the nursery will not settle a child to sleep in a cot or mat bed consuming a bottle of milk

## 5 FOODS AVOIDED IN NURSERY

- No food-containing nuts are provided in the nursery and we would advise parents bringing food from home into the setting to avoid all foods with nut ingredients i.e. peanut butter, chocolate spreads.
- No Kiwi
- We recommended not Fresh Strawberries under the age of 1 year unless parental wishes
- Honey under the age of 1 year
- Sugar and salt is not added to any foods
- There is no shellfish or raw fish on our menus. Fish with a risk of bones is not served on the children's menus.

## 6 ALLERGIES & INTOLERANCES

6.1 Parents/Carers are required to inform the nursery of their child preferences, any food allergies and any dietary requirements needed for medical or cultural reasons.

6.2 An alternative where possible will be available for example main cooked meal, bread for breakfast or tea, additional fruit for snack however any further foods which are deemed beyond a reasonable adjustment Little Adventurers will advise parent or carer to supply those additional foods.

6.3 The nurseries will not introduce a 'new food' to a child that has an allergy/intolerance that could potentially cause a reaction. If a parent/carer wishes for a child to try a small amount of food that could cause a reaction this should be within a safe controlled environment or at home.

6.4 All staff, volunteers and students will be made aware of all the children's special requirements. Necessary training will be given if the use of an 'Epipen' if needed.

6.5 \*Celebration cakes brought into the nursery for the children to share must be labelled 'Does not contain nuts'.

## 7 CHANGES TO PLAN MENUS / CELEBRATIONS

7.1 There may be occasions when meals stated on the nursery menus are not available and the nursery manager / deputy will have to choose an alternative. Any changes will be in line with the required dietary needs and of a temporary basis.

7.2 During the year the nursery management team may change the plan meal to fit in with a celebration or nursery event for example Christmas dinner, Christmas parties or the Pre-school room leaver's party.

7.3 If a party food type meal is offered at lunchtime then a warm teatime option will be available.

## 8 FOOD ACTIVITIES

Little Adventurers believe that food and nutrition is an integral part of life learning skills and experiences. We sometimes incorporate food within our curriculum from sensory use of dried pasta, pulses, jelly and other foods to growing produce in our garden to cooking and promoting healthy diets.

We also consider food wastage when planning food based activities.

During these activities nursery staff will adhere to children's cultural, dietary, allergy and intolerant needs.

## 9 STAFF AND FOOD / DRINK PROCEDURES

### 9.1 Staff and Food / Drink Procedures

9.2 Staff are to follow food hygiene procedures when preparing foods

9.3 All staff are aware of individual child's dietary needs/preferences and allergies


9.4 Staff are to avoid consuming foods that cause allergy reactions whilst in the nursery

9.5 Cold drinks only to be consumed in the rooms.

9.6 Cold drinks should be consumed in a cup or bottle. Bottles or cans should not be stored in the playrooms that children can identify its contents.

9.7 Open cups / mugs to be used for the consumption of hot drinks only to be used in the staff room or nursery office

9.8 Staff consuming foods in the playroom should be of healthy snacks only

This Policy was adopted on:	Signed on behalf of Nursery:	Date to be reviewed:
01/10/2024	 A.Wood-Dobby	01/10/2025