

Greenfield Nursery School

Food and Drink Policy

Date: 10th February 2020



Status:	Non statutory
Date Reviewed:	10 th February 2020
Approved By:	
Reviewed:	

Statement of intent

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating, and encourages them to try new foods.

Aim

At snack time, we aim to provide healthy and nutritious food, which meets children's individual dietary needs. This special time is intended to `teach` children about healthy eating and healthy choices they can make.

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 yellow registration form, completed with or by the parents. Parents are asked to confirm or amend this information when the child moves from Pre-school to Nursery.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them, although this is not where parents can see them.
- 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.
- Snacks include fresh fruit such as apples and satsumas, raw vegetables including cucumber and sweet pepper, bread sticks, dried fruit.
- We do not give food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We organise snack time so that it is a social occasion in which children and staff participate.
- We use meal and snack time 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 take account of the eating practices of 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.

- We inform parents who provide food for their children about the storage facilities available in the setting.
- To protect children with food allergies we encourage children not to share food with one another.

Packed lunches

Packed lunch should follow these guidelines:

- Packed lunch should be in a clean insulated container for the food.
- We will support and inform parents of our Healthy Eating Policy and provide Healthy Lunchbox information
- We are **unable** to heat food from home – hot food can be put in a food flask.
- Packed lunches **should not** contain the following: **Fast food options e.g. KFC, McDonalds, crisps, sweets, chocolate, cakes, biscuits or high sugar content drinks. NO nut products. We will return these foods to the parent.**
- **If food provided is not in line with our policy, we will provide a lunch and you will be charged £2 to cover food costs.**
- We provide plates, cups, cutlery and drinking water.
- Staff sit with children to eat their lunch so that the mealtime is a social occasion.

Updated	10 th February 2020	To be reviewed	When required
Diane Croston		Deborah Harrison	
Chair of Governors		Headteacher	
Date			