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Greenfield Nursery School

Food and Drink Procedures Incorporating Healthy Eating

Date: 23rd January 2024



Status:	Non statutory
Date Reviewed:	10 th February 2020
Approved By:	Senior Leadership Team
Reviewed:	23 rd January 2024
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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

- For staff and parent/carers to understand procedures and responsibilities in the delivery of mealtimes- breakfast, snack and lunch.
- To ensure that food provided by the setting and the parents/carers meets individual dietary needs in line with *Supporting Children with Medical Conditions Policy* and conforms to current advice on healthy eating.
- This document needs to be read in its entirety for a full understanding of our procedures with regards to food, drink and healthy eating.

Breakfast Club

- Breakfast club is an additional service that parents/carers can request for on admissions or at any point throughout the academic year. This is a chargeable service. Information regarding fees and times can be found on our website and *charging and remissions policy*.
- Information regarding children's dietary needs and allergens must be shared at admission to breakfast club or when there are changes to requirements.
- Information regarding children's dietary needs and allergens are shared with staff who run breakfast club and/or other members of staff that require this information.
- Breakfast is provided by the setting. Please do not bring your own food or drink. Children will have a choice of cereal and toast (with a topping). Children will have a choice of milk or water to drink.
- Children are encouraged to sit and eat together. Children will not be allowed to play and eat at the same time for health and safety reasons.
- Children are encouraged to participate in hygiene routines- e.g. handwashing.
- Children have opportunities to practice independent skills (e.g. pouring their own cereal).
- It is not our usual practice to feed children their food or drink. Children are supported and encouraged to feed themselves. If children refuse to eat they are offered it throughout the session. Information will be passed onto Key Persons if a child does not eat their breakfast.
- Reasonable adjustments may be made for some children.

Snack time

- All children across the setting will be invited to have snack. This takes place during a child's usual session time.
- It is up to parents/carers to inform the school of dietary needs and allergies related to food and drink. Information regarding individual dietary should be declared on admission, the home visit or when the need arises.

- Children may be required to have a Medical Health Care plan to support their medical needs around food and drink. Further information regarding this can be found in our *supporting medical conditions policy*.
- We display current information about individual children's dietary needs in the snack area so that all staff and volunteers are fully informed about them.
- 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.
- Children will be offered food provided by the setting only. Parents/carers should not bring in food. Reasonable adjustments may be made for children who have an allergy or intolerance. This will need to be agreed with SLT.
- Snacks include- cereal, toast, yogurt, fresh fruit and vegetables, crackers and breadsticks. Fruit is always available. Weekly menu is available on request.
- We organise snack time so that it is a social occasion in which children and staff participate.
- We use snack time as a teaching experience 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 (this includes children's knives).
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and how to request for water at any time during the session/day.
- Some children may not eat snack even when offered. We will continue to encourage participation in the snack routine, but we do not force children to eat. Persistent refusal will be shared with parents and a plan put in place to support access to snack time.
- Reasonable adjustments can be made where necessary for some children.

Lunch Club

- Lunch club is made available for children who attend 30hrs and full days only. It is a chargeable service and included in our 30hr offer. Further information regarding charges can be found in our *charging and remissions policy*.
- We do not have facilities to provide hot/cold lunches to children. Therefore parents/carers are required to provide a packed lunch.

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 procedures 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, fried crisps, sweets, chocolate, cakes, biscuits or high sugar content drinks.** No juice or squash, water only.
- **We are a no nut school.** Please do not provide nuts or food containing nuts (e.g. Nutella).
- 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.
- If food provided is not in line with our policy, it will not be given to the children.
- **If food provided is not in line with our policy, we will provide a lunch and you will be charged £3 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
- To protect children with food allergies we encourage children not to share food with one another. Please do not provide additional food for children to share with others.