



Version control

Agreed at Meeting on	Attended by	Final Approval by	Date Approved	Next Review Date
5.6.2014	R. Angell J. Malins	<i>Angell</i>	5.6.2014	5.6.2015

Policy

Otters Nursery Schools believes in a healthy life style choice for all our children. We promote healthy eating through education & as a way of life.

We aim to provide nutritious food, which meets the children's individual dietary needs.

We recognize the importance of meal & snack times to meet this aim and as an important social occasion for both children & adults.

All staff follow these procedures to promote healthy eating in our setting.

Procedure

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Allergies Policy & Procedure.)
- 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 inform parents of our policy on healthy eating;
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the updated 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 preferences as well as their parents' wishes.
- We plan menus in advance, involving children and parents in the planning.
- We display the menus of meals/snacks/refreshments for the information of parents.

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- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We 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.
- We include foods from the diet of each of the children's cultural backgrounds, 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 especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- 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 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.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the 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.
- For children who drink milk, we provide whole pasteurised milk.
- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.
- Parents are encouraged and welcome to provide breast milk for their child.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion
- 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 provide children, bringing packed lunches, with plates, cups and cutlery

Packed lunches

For children who bring packed lunches we:

- Require parents to clearly name all containers
- Require parents to use the designated packed lunch storage
- Require parents to use the designated storage for items that require refrigeration so as to ensure contents of packed lunches that require refrigeration are refrigerated

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- We encourage parents to provide healthy option foods including fruit, and milk based deserts such as yoghurt or crème fraîche.
- We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- We will speak with the parent to offer advise on more suitable foods.
- We reserve the right to refuse to serve a child with food or drink that we believe is detrimental to the health of the child.
- For any food poisoning incident at the Nursery affecting 2 or more children we record the incident in the accident/incident file and the Manager must report the incident to the H &S Executive & to Ofsted within 24 hours.
- For any food poisoning incident at the Nursery affecting 2 or more children we record the incident in the accident/incident file and the Manager must report the incident to the designated Company Director R Angell within 24 hours.

Legal framework

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs