

# Newbridge Day Nursery

## Food and Drink Policy

### **Statement of intent**

The Nursery regards snack and meal times as an important part of the Nursery day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### **Aim**

At snack and meal times we aim to provide nutritious food which meets the children's individual dietary needs. We aim to meet the full requirements of OFSTED'S Care Standards on Food and Drink.

### **Methods**

- Before a child starts to attend the Nursery we find out, from parents, their children's dietary needs, 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 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 up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and students are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents wishes.
- We plan menus in advance.

- We display the menus of meals / snacks for the information of parents. Full details of our menus are also available on our website.
- We provide nutritious food at all meals and snacks avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- 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.
- Through discussion with parents, and research reading by staff, we obtain information about the dietary rules of 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 the 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. (See individual healthcare plan/specific dietary requirements.)
- 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 which are appropriate for their ages and stages of development.
- 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 Nursery.

- We give parents who provide food for their children information about suitable containers for food.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk we provide whole and pasteurised milk.
- For each child under two we provide parents with daily written information about feeding routines, intake and preferences.
- Our younger children are offered fresh drinking water at regular e.g. on waking etc. The older children have access to a water dispenser and are encouraged to use it independently.
- We follow the guidance on formula milk to how we prepare and store it, issued by the food standards agency.
- In May 2010 we achieved a Healthy Eating Award to the Platinum standard from Shropshire Council.
- In March 2011 we received from Shropshire Council a scores on the doors rating of 5 (the top score).