

# **MARTENSCROFT NURSERY SCHOOL & CHILDREN'S CENTRE**

## **Healthy Eating, Food and Drink Policy**

Our aim is to ensure the children receive a well balanced diet to assist them in their development both physically and intellectually, and hope that it may contribute to them developing good eating habits and leading to a healthy lifestyle.

We prepare menus that are nutritionally well balanced and varied, giving children the opportunity to explore and try many different types of foods. We present foods from a variety of cultures enabling children to learn about differing traditions and to develop their sensory awareness of varying tastes, smells and textures.

We ensure that drinking water is available and accessible to the children at all times.

We work closely with parents/carers on all aspects of our menus and take into account each child's nutritional and dietary needs including medical, cultural and personal preference. We encourage parents/carers to share their knowledge, expertise and skills to assist us with our menu planning.

We celebrate birthdays and a variety of festivals throughout the year and ensure that we are aware of personal, religious and cultural traditions, customs and beliefs. We view meal times as a learning experience and incorporate many aspects of the Early Years Foundation Stage.

We maintain a high standard of hygiene, which is enforced through certified kitchen hygiene course that must be undertaken by all kitchen staff and food handlers.

We constantly strive to keep abreast of relevant media issues and political statements that may relate to the food that we provide the children with.

At Martenscroft Nursery School & Children's Centre it is important that we respond effectively and appropriately to individual dietary requirements. This ensures we provide equality of opportunity and supports our policy of inclusion. Furthermore it means children within our care are kept safe and healthy.

Equally, it is essential that when parents/carers request we provide an individual diet, they provide us with full, clear and accurate information to enable us to respond correctly to such individual requirements.

The school is able, without question, to respond to individual requirements under the following categories:

Religious reasons

Cultural reasons

Vegetarian (no meat, fish or by-products of these)

Vegan (no meat, fish, dairy or eggs or by-products)

Parents/carers who request a diet in one of the above categories must inform the centre at the pre-admission meeting in order for the requirements to be recorded by a member of the management team. This then enables the diet to be catered for once the child starts the school/centre.

There are occasions when children are unable to eat the meals provided by the centre due to medical reasons, an allergy, medical condition or food intolerance. The school will make every effort to ensure that a suitable alternative is provided. In order to make this provision, all requests for individual diets must be supported in writing by the medical authorities, clarifying the child's exact dietary needs. This is to ensure that the school is not unnecessarily eliminating foods from a child's diet, since the diet that a child eats can have implications on their health both now and in later life.

If an individual diet is required for medical reasons, the parent/carer must make it known at the pre-admission meeting in order for the requirements to be recorded by a member of the management team.

This policy not only applies to the main midday meal provided by the school/centre, but also other meals such as breakfast, fruit time, snack tea, birthdays and celebrations.

Martenscroft Nursery School & Children's Centre provides an After School Club. The children have a snack tea at the club, which is provided by the centre kitchen.

This policy also applies to the children who attend the club.

Parents/carers who wish to access the centres' after school club must also provide written clarification from the medical authorities if an individual diet is required for medical reasons.

The centre facilitates a number of children and family activities such as crèche stay and play sessions etc.

The children receive a snack, which promotes our Healthy Food and Drink policy. At these sessions the children will receive fresh fruit or vegetable sticks with homemade dips, which is provided by the school kitchen.

This policy is to protect the children who access our services at the school and children's centre.

**Legislation that informs this policy:**

**Food Hygiene Legislation**

**Childcare Act 2006**

**OFSTED National Standards**

**Safer Food Better Business**

**Food in Schools Toolkit**

**Ofsted Self Evaluation Framework for Schools**

**Nutritional Standards for School lunches and other School Food 2015**

**Delivering Better Oral Health; An evidence- based toolkit for prevention**

**The Early Years Foundation Stage 2014**

# **MARTENSCROFT NURSERY SCHOOL & CHILDREN'S CENTRE**

## **Statement on Healthy Snacking**

### **Introduction**

In addition to children receiving a well-balanced and nutritious meal at lunchtime we aim to ensure that the snacks also provided at the centre complement and enhance our healthy eating, drink and food policy.

The children receive an afternoon snack; this includes a selection of fresh seasonal fruits or raw seasonal vegetable sticks, which are accompanied by a drink of water. This is extended to all other children and family activities that take place both at the centre and at other venues in the community. This also enables the children to develop their sensory awareness of varying tastes, smell and textures.

We work closely with parents/carers and at the gradual admission. We discuss the school's policy on healthy eating, food and drink.

We request that children do not arrive at the centre or are collected from the school/centre with crisps, sweets, chocolate or sugary drinks. This enables us to protect all the children that attend the school/centre and respect parents/carers wishes as well as fulfilling our Healthy Eating, Drink and Food Policy.

# **MARTENSCROFT NURSERY SCHOOL & CHILDREN'S CENTRE**

## **Guidelines on a Healthy Lunch Box**

### **Introduction**

At Martenscroft some of the children bring in their own lunch boxes.

We work with parents/carers to ensure that each child's nutritional and dietary needs, including medical, cultural and personal preference are taken into account.

We encourage parents/carers to share their knowledge, expertise and skills to assist us with our guidelines.

### **The well-filled lunch box can include:**

#### **Starch for energy:**

Wholemeal bread, granary or white bread, pitta bread, naan bread or chapatti.

#### **Protein and Calcium:**

Lean meat, chicken, tuna, cheese, cottage cheese, hard-boiled or scrambled eggs, dhal, tofu or humus.

#### **Vitamins:**

Carrot, celery sticks, salad, apples, bananas, grapes or any other fresh fruit.

#### **Drinks:**

Squash, pure juice, milk, water, sugar free drinks are better for children's health and teeth.

#### **Extras:**

Small pieces of plain cake, oatcake, plain biscuits, raisins, yoghurt or fromage frais.

#### **Safe and Fresh:**

Use plastic boxes with well fitting lids and avoid glass containers.  
Ensure that the child's name is clearly labelled on the box.

These are just a few suggestions to ensure a well balanced and nutritious lunch box.

This is discussed with parents/carers at gradual admission and enables us to respect parents/carers wishes as well as fulfilling our Healthy Eating, Drink and Food Policy.