

Greenfield Nursery School

FOOD AND DRINK POLICY

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 and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

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 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 that are appropriate for their ages and stages of development and that take account of the eating practices in 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.

Food and drink policy

Packed lunches

Children who bring a packed lunch to school please follow these guidelines:

- We will ensure perishable contents of packed lunches are refrigerated;
- We will inform parents of our policy on healthy eating through Healthy Lunchbox information
- We are unable to heat food from home
- Packed lunches **should not** contain the following items: crisps, sweets, chocolate, cakes, biscuits or high sugar content drinks. We will return these foods to the parent.
- We provide children bringing packed lunches with plates, cups and cutlery
- Staff sit with children to eat their lunch so that the mealtime is a social occasion.

Updated	Sept 2017	To be reviewed	Sept 2019
Reggie Enti		Deborah Harrison	
Chair of Governors		Headteacher	
Date			