



Tel. 07876 260780

Session times only

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www.mvns.co.uk

Milland Memorial Hall
Iping Road
MILLAND
Nr. Liphook
West Sussex
GU30 7NA

18. Food and Drink Policy

The experience sharing of refreshments can play an important part in the social life of the Nursery School as well as reinforcing children's understanding of the importance of healthy eating. The Nursery School will ensure that:

- Before a child starts to attend the nursery, we find out from parents their children's dietary needs, including any allergies.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is whole and pasteurised.
- All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colours.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- Children's medical and personal dietary requirements are respected.
- Activities are planned in advance and food offered is fresh, wholesome and balanced.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- 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 and which take account of eating practices in their culture.
- We have fresh drinking water constantly available for the children.
- We give parents information about suitable food containers and suggestions for lunch box contents.



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- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- We have a 'no nut' policy in the nursery, due to the severity of this allergy. Any items brought into the nursery containing nuts will be stored away from the children and returned at the end of the session to parent/carer.