

Food and drink policy

Statement of intent

Harwich Connexions Noah's Nursery regards snack and meal times as an important part of the session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

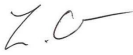
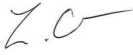
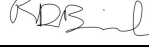
At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The Early Years Foundation, Statutory Framework.

All meal times are supervised and monitored closely by staff.

Methods

- Before a child starts to attend the Nursery, we find out from parents their children's dietary needs, including any allergies or intolerances.
- 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 fill in a form with us to confirm any allergy (new or existing) and sign the up-dated record to signify that it is correct. We also require confirmation from a doctor or allergist to confirm the process to take if the allergy occurs, the symptoms and any actions we need to urgently carry out.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems (daily dietary form) which are filled in daily by room staff & shared with the kitchen, to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- Foods prepared for children with an allergy are prepared before other food is prepared & sealed in a suitable allergy container and clearly labelled, until giving to the child.
- We are a no nut, no kiwi, no egg nursery, these items are not allowed in the nursery either through external sources or in other children's lunchboxes.
- We plan menus in advance, involving children and parents in the planning.
- We display the menus of meals/snacks for the information of parents.
- The kitchen staff are responsible for taking in food deliveries, where any item containing an allergen is clearly labelled with a purple allergen sticker which states which allergens it contains.
- Purple plates and bowls for children with allergies so it is clear to staff.
- All staff are responsible for labelling any food item they open with use by date stickers and suitably sealed in a food bag or container.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered:
 - protein for growth; and
 - essential minerals and vitamins in raw foods, salads and fruits.
- 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 the religious groups (their religion) 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.
- Any allergy requires a health care plan to be completed with the parent/carer.

- Any new allergy reported to us, paperwork is completed & shared with kitchen immediately, with a picture of the child with the allergy.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff will 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 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 the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain water and that they can ask for water at any time during the session/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 (to ensure they put a cold pack in their child's lunchbox) 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.
- We will provide milk for those children who drink milk.
- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.
- Staff that prepare food have all had food safety training, either level 2 or level 3 if kitchen staff
- We are registered with The Local Authority Environmental Health Department
- Children are offered food approximately every 2 hours, Breakfast from 8am, snack from 10am, lunch from 12pm, snack 2pm and tea 4pm.

This policy was re-adopted on	Signed on behalf of the nursery	Date for review
31 st January 2017		31 st January 2018
31 st January 2018		31 st January 2019
19 th Feb 2019		19 th Feb 2020
19 th Feb 2020		19 th Feb 2021
19 th Feb 2021		19 th Feb 2022
10 th Feb 2022		10 th Feb 2023
15 th June 2023		15 th June 2024
25th July 2024		25th July 2025
30 th July 2025		30 th July 2026
17 th June 2026		17 th July 2026