



Food and Drink

Our Nursery is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Manager and staff will make every effort to ensure that food and drink are safely prepared and sensitive to the dietary, religious and cultural requirements of all the children. Our Nursery regards snack and meal times as an important part of the Nursery's session as it represents a social time for children and adults and helps children to learn about healthy eating.

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. The Nursery is registered with the local authority to provide food. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

As part of a child's settling in period, the Nursery requires that the parents and carers complete the Child Information, Emergency contacts & 'Permissions' Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The Manager and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health, and meet – as far as possible – their particular preferences.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

Children are offered food at least every three hours.

All Nursery Parents/carers must provide packed meals which are stored on a lunchbox trolley.

Snacks are offered during the day, the following elements are included: fruit, vegetables, savoury items to include protein rich foods and carbohydrates. Milk provided for children is whole and pasteurised.

The Nursery is a nut free zone so we ask parents to avoid foods containing nuts in lunch bags.

Healthy Eating

The Nursery recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, the Nursery will endeavour to provide a variety of nutritious foods, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings. We will also make available vegetarian and vegan options and plenty of fruit.

The Nursery will not regularly provide sweets for children and will avoid excessive amounts of fatty or sugary foods. The Nursery will provide a choice of sugar-free drinks or milk and make sure that fresh drinking water is available at all times.

Children are made aware that there is always water to drink during morning and afternoon sessions.

Cultural and Religious Diversity

The Nursery and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Manager and staff will work with parents/carers to ensure that any particular dietary requirements are met. The Nursery is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

Signed on behalf of the Management Committee:

..... Chairperson

This policy was updated by the Manager and staff and will be updated annually. Next due to be updated: September 2021.

“Horspath Nursery is committed to safeguarding and promoting the welfare of children, families and staff at all times.”