

Meppershall Pre-school

Nutrition policy

Statement of intent

This pre-school regards snack times as an important part of the Pre-school's session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack times we aim to provide nutritious food that meets the children's individual dietary needs. We aim to meet the full requirements of the Statutory Requirements of the Early Years Foundation Stage.

Methods

- Before a child starts to attend the Pre-school we find out from parents their children's dietary needs, including any allergies which are recorded on 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.
- All staff and volunteers are fully informed about individual children's dietary needs. A notice is clearly visible in the cupboard in the kitchen and individual notices placed on kitchen counter.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and their parents' wishes.
- We plan snack menus in advance and display the snack menus for the information of parents. Snacks are prepared freshly each day.
- The snack bar area is partitioned off from the main play area and this encourages the children to have their snack without rushing to return to play.
- Children who stay all day are offered a snack mid-morning and a drink of milk or water mid-afternoon. Their lunch is provided in a suitable container by their Parent/Carer.
- We are committed to the Healthy Under 5's Award and provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings, thus meeting the nutritional requirements of a growing developing child.
- 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 by staff we obtain information about the dietary rules of the religious groups to which children and their parents belong, of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do 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 snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, preparing food, 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 the water and that they can ask for water at any time during the session.
- Parents are informed that lunches are not kept in a fridge therefore to supply their children with healthy non-perishable foods in a suitable container. A sufficient supply of healthy foods is always available in the event of a child not bringing a lunch.
- All staff who prepare snack hold a current basic food hygiene certificate.
- All children are supervised while they wash their hands before eating snack, lunch or

cooking activities.

- Only a limited amount of food is stored on the premises. It is regularly purchased to ensure it is fresh and within the use by date.
- Ofsted are notified if two or more children have food poisoning.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk we provide whole and pasteurised milk.
- Any foods made in a cooking activity take into account childrens allergies and all foods are taken home in a labelled bag and encouraged to consume as part of a meal.

Celebrations

Birthdays, cultural festivals, fetes, religious festivals and other special occasions

- Celebrations will include food and non-food activities but we celebrate birthdays using our birthday board and giving the children birthday cards.
- Savoury and non-evasive/sugar free foods will be provided with milk and water to drink.
- 50% of food is fruit or vegetable, with sugar-free breads and starchy foods.
- We give advice to parents regarding suitable foods with which to celebrate birthdays, discouraging the making of cakes due to allergies.
- If parents do provide sweets to celebrate a birthday the sweets are given to the children to take home, unopened and therefore eaten under the guidance of parents. If a cake is provided by parents the children are encouraged to eat as a dessert after a meal at home.

Breastfeeding

The Pre-school fully support mothers breast feeding their children at the setting and nursing mothers are welcome to feed their babies while in the setting in a private, comfortable area. Any nursing mothers returning to work at the Pre-school are also welcome to express their milk in this area and to store the milk in the fridge at the setting.

National Health Initiatives

We promote national health initiatives such as 'National Smile Month', 'Start 4 Life', 'Change for Life', 'National Salt Awareness week' by displaying posters, providing activities and role play for the children together with providing any information that may be useful to parents/carers.