

SUNNY SKIES NURSERY
OUR POLICY FOR FOOD AND DRINK (POL9) rev 08/18 [v.5]

The Nursery, in promoting good health, will endeavour to provide a healthy, balanced diet for the children in our care. Every child will have suitable and adequate food and drink made available to them regardless of age, religion and/or special requirement. In doing so, the following will apply:

- The Nursery is registered with the Local Authority Environmental Health Dept and is inspected annually
- Kitchen Staff and Staff preparing or serving food for the children will be competent to do so and be trained in Food Safety to Level 2 and Safer Food, Better Business Requirements
- Information about individual children's dietary needs, (with as much information as possible on suitable foods) will be collected from parents/carers prior to the child starting Nursery and included in the child's records. This information will be updated regularly, verified by parent/carer signature, and, be made readily available to all staff and adults concerned within the Nursery.
- The Nursery complies with Food Information Regulations 2014 with regard to Allergens. Information is available on all Menus. Information on individual recipes will be given on request and parents/carers will be informed by email prior to any cooking or food technology activity
- The menus will reflect the needs of all of the children in the Nursery, taking into account cultural and religious background and any special dietary requirements, providing familiar foods and introducing new ones
- Menus will be made available to all parents/carers and will be regularly reviewed and updated to fulfil needs and reflect seasonal produce
- The children will be provided with a tasty, balanced and varied diet. Wherever possible we will use fresh, local produce, purchased from a reputable source. Food will be freshly prepared. Wherever possible foods with artificial colours, preservatives, and, containing unnecessary and harmful additives will be avoided. Likewise, foods with large quantities of saturated fats, sugar and salt will also be avoided. No additional salt or sugar will be added.
- Any snacks offered to the children will be healthy
- Fresh drinking water is available at all times
- Milk and/or water will be offered at meal times
- Meal and snack times are organised so that they are enjoyable social occasions where both staff and children participate. They are also used as learning opportunities to develop independence and social skills
- For children under three, parents/carers will have daily written information on feeding routines, intake and preferences. For children over three any relevant information will be verbal, unless written information is required for medical or other reasons. Parents/carers will always be informed if their child is not eating well.
- Food and drink brought in from home is discouraged except for Formula/Breast Milk and weaning foods, or, in some cases of special dietary requirements where the Nursery may ask for assistance

HELPING CHILDREN ACHIEVE MORE

This policy forms part of our commitment to keeping children healthy