



# John Wilkinson Primary School and Nursery

## Nursery Food and Drink Policy / Healthy Eating

Updated January 2022

### STATEMENT OF INTENT

We regard snack and mealtimes as an important part of the day. Eating represents a social time for children and adults which helps children to learn about healthy eating.

### AIM

At snack and mealtimes, 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 Stage Welfare Requirements.

### METHODS

#### The Child:

- Before a child starts at Nursery and After School Club parents complete a registration form where their child's dietary needs, including allergies are recorded. Parents then sign this form to signify that this information is correct.
- Families are offered a home visit prior to their child starting at Nursery where the manager and the child's key person can discuss the child's dietary, including allergies needs further. The school kitchen also completes an allergies report based on the given information.
- If medication is required for any allergies, then a Long Term Medical Plan is completed and put in place. These will be reviewed every term by the manager, key person and parents.
- Through the key person approach, regular discussions will take place so the child's dietary and allergy needs will be updated on a regular basis.
- The staff are especially vigilant where we have a child who has a known allergy to nuts and take care not to provide foods containing nuts or nut products.
- 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 his/her diet or allergy.

### FRESH DRINKING WATER

- There is fresh drinking water available for the children at all times.
- The fresh water is always placed in the same location and discussed with children at circle times on a regular basis. The children can ask for water at any time during the day.

### REFRESHMENTS AND MEALTIMES

- Refreshments and mealtimes are organised so they are social occasions in which both children and staff participate.
- We provide nutritious food at all refreshments and mealtimes, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings. We provide these snacks in the morning and afternoon and at After School Club, each providing the recommended 10% of required energy.
- Typical snacks provided take account of:-
  - Starchy foods; breads/cereals etc.
  - Fruit / vegetables
  - Milk products
  - Meat / fish and alternatives such as pulses / eggs etc.

- For children who drink milk, we provide semi-skimmed pasteurised milk, or calcium fortified soya milk. We would also provide alternative milk where required, such as rice milk. We also provide diluted (50:50) fruit juices at refreshment time to aid the absorption of iron. Drinking water is also always available.
- Staff 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.
- Staff are very proactive at using refreshments and mealtimes to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Staff encourage children not to share and swap their food with one another in order to protect children with food allergies.
- A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children can try unfamiliar foods.
- We offer hot meals to those children attending lunch club which are supplied by the school kitchen.
- Children may still receive desserts if they refuse to eat their main meal, although children are encouraged to eat their meal first.
- Children are given time to eat and drink and are not rushed.

### **STORAGE AND PREPARATION OF FOOD AND DRINKS**

- At present, when the children stay for lunch club parents provide packed lunches or order a school meal.
- Parents are informed that they should ensure their lunch boxes have ice packs as they will be stored in their individual boxes in the classroom.
- All surfaces are clean and non-porous, and wipeable tablecloths are put on all tables before food is served.
- There are separate facilities for handwashing and for washing up.
- Hot meals are supplied from the kitchen at School. A member of staff collects the meals just as children are hand washing for lunch.
- Children are helped with cutting their food and supported throughout the mealtime.

### **CHILD AND PARENTAL INVOLVEMENT**

- The children are asked at the end of each half term what they would like for refreshments. This will then inform the menu for next term.
- The new menu is displayed on the outside noticeboard for family's information.

### **PROFESSIONAL DEVELOPMENT**

- When specific medical needs require specialist training, e.g. allergies which could require the use of an epi-pen, then training would be provide at this point for all staff. This is provided on a needs basis.
- Currently Lisa McGowan, Steph Bowen, Chloe Wilde and Clare Tooth have in-date Food Hygiene Certificates. Qualified staff members disseminate this information to all staff members.
- Through training, research and discussion with parents we obtain information about the dietary rules of religious groups to which families belong, and of vegetarians and vegans, and about food allergies. We take account of this information in our provision of food and drink.