

Moat Barn Nursery

Food and drink policy

Statement of intent

Moat Barn Nursery regards the promotion of a healthy lifestyle as a priority, with particular regard to healthy eating. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we will aim to provide nutritious food, which meets the children's individual dietary needs. We will meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8).

Methods

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- 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 will consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents sign the up-dated record to signify that it is correct.
- We state that parents/carers are responsible for informing the setting of any changes to the information provided on their child's registration form.
- We display current information about individual children's dietary needs both in the kitchen and in the childcare room so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We plan menus on a four weekly rotation.
- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food at all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings, according to the Food Standards Agency.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.

