# 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 Welfare Requirements of The Early Years Foundation Stage.

**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 three 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.
* We include foods from a variety of cultural backgrounds, providing children with familiar foods and introducing them to new ones.
* We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
* Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and 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 meal and snack times so that they are social occasions in which children and staff participate.
* We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
* We provide children with utensils that are appropriate for their ages and stages of development and that 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/day.
* In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
* We inform parents who provide food for their children about the storage facilities available in the setting.
* In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
* For children who drink milk, we provide whole pasteurised milk or parents may provide a dairy-free alternative.
* Cooking activities are planned a minimum of once a week for the children to participate in. They allow the children to become familiar with a variety of different ingredients which are used to produce different foods. Cooking activities may often be linked to seasons or cultural celebrations..
* There is large allotment area where the children become involved in growing their own fruits/vegetables. They take part in the whole process from planting the seeds, watering, to picking the final crop. The food grown is then used for main meals or snack time.

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| This policy was adopted by the Manager |  | Moat Barn Nursery |
| Held on (date) |  |
| Signed on behalf of the Management Committee/Proprietor |  |
| Role of signatory (e.g. chairperson etc.) |  |
| Review date(Yearly or when legislation requires.) | as required |