



## SEVENOAKS DAY NURSERY

### Food and drink policy

#### Statement of intent

The Nursery regards snack and meal times as an important part of the Nursery's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

#### Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

#### Methods

- Before a child starts to attend the Nursery, we find out from parents/guardians their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record and on Family. Parents/guardians sign the record to signify that it is correct.
- We regularly consult with parents/guardians to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents/guardians update Family and sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs 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'/guardians' wishes.
- We plan menus in advance.
- We share the menus of meals/snacks for the information of parents/guardians.
- We provide nutritious food at all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 try to include foods from the diet of each of the children's 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/guardians and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents/guardians belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We provide a vegetarian or vegan alternative and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and will take account of the eating practices in their cultures, as guided by their parents/guardians.
- We have fresh drinking water available for the children. They can help themselves or ask for water at any time during the session/day.
- We offer children arriving early in the morning - and/or staying late - an appropriate meal or snack, in accordance with parents'/guardians' wishes.
- We inform parents/guardians who provide food for their children about the storage facilities available in the Nursery.
- We give parents/guardians who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we are careful to avoid children sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk, with a dairy free alternative for those with allergies.
- For each child, we provide parents/guardians with daily written information about feeding routines, intake and preferences via Family.

### *Food Poisoning*

We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

This policy was adopted at a meeting of the Trustees of Sevenoaks Day Nursery in October 2009 and last amended in December 2022

A handwritten signature in black ink, appearing to read 'Susan Dreksler', with a horizontal line extending to the right.

Susan Dreksler

Chair