



NUTRITIONAL POLICY

Aim

For children to have a balanced diet and understand the importance of eating a variety of foods. Children are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious and complies with dietary and religious requirements.

Objective

Adequate and nutritious food and drink are essential for children's well being. The registered person and staff have a good understanding of children's dietary and religious requirements and meet these appropriately to promote children's healthy growth and development.

Healthy eating is promoted within the nursery by providing the children with a varied menu that includes all five food groups.

Morning snack comprises of crackers, plain biscuits, bread, toast, breadsticks a selection of fresh fruit or vegetables with served with semi skimmed cows' milk (or other alternative if required) and water.

Policy Adopted by St Pauls Walden Nursery

Signature

Signature

Review Date

March 2017

Position: Committee Chair

Position: Manager

March 2018

Lunch is a packed lunch provided from home. This is served with drinking water.

Afternoon snack comprises of a selection of fresh fruit or vegetables with a savoury snack/plain biscuit .This is served with semi skimmed cows' milk (or other alternative if required).

Staff responsibilities

To ensure that:

- Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious. Those responsible for the preparation and handling of food must be competent to do so.
- Fresh drinking water must be available at all times.
- Providers must notify Ofsted of any food poisoning affecting two or more children looked after on the premises. An early years provider who, without reasonable excuse, fails to comply with this requirement, commits an offence.
- Children should be provided with healthy snacks and drinks as appropriate.
- Providers should obtain, record and act on information from parents about a child's dietary needs.

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- Providers should be aware of their responsibilities under food hygiene legislation including registration with the relevant Local Authority Environmental Health Department.
- In group provision, food hygiene matters should be included in induction and on-the-job training, which is available to all staff.
- If parents provide packed lunches, providers should inform them about what can be stored safely and about appropriate food content.

Additional nursery targets include:

- Children are provided with positive images of food and drink around the nursery, e.g. posters
- Children will be given plenty of time to eat
- Children will not be given foods or drinks that their parents have stated they are not to have, instead alternatives will be provided by the nursery
- Meal times will not be not rushed
- Parents will be informed if their child is not eating well
- Staff sit with child children during mealtimes and encourage children to eat and drink independently, while providing help when needed
- Withholding food will not be used as a form of discipline
- Children are encouraged to join in with physical activities and outside play each day

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Parent responsibilities

- If you would like your child to not eat a particular food or if they have a special diet, provide staff with as much information as possible about this, and include this on any paperwork that you complete for the setting
- If your child has a food allergy, please provide staff with as much information about its side effects as possible
- Inform the staff if your child has not been eating well at home
- Please provide suitable clothing for physical activities and for outside play. For example, a warm coat in the winter and lightweight garments for the summer.

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