



Bright Eyes Childcare Food and drink

Policy statement

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

At snack, we aim to provide nutritious food, which meets the children's individual dietary needs. We follow the Healthy Under 5's programme throughout the Nursery asking parents with packed lunches to adhere to this programme. The Healthy Under 5's programme is monitored to ensure all foods that the children eat are balanced and healthy for their age.

Procedures

We follow these procedures to promote healthy eating in our setting.

- ✦ We implement systems to ensure that children receive only food and drink at snack time that is consistent with their dietary needs and preferences as well as their parents' wishes. We cater for all dietary needs both cultural and religious.
- ✦ We have adopted packed lunches as we have found children eat more food and have a higher level of energy for the afternoon's activities. We ask that parents follow the Healthy Under 5's programme.
- ✦ We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colouring in line with Healthy Under 5's programme.
- ✦ We include foods through cooking/snack activities from the diets of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- ✦ 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 provide an alternative to snacks for children who require it eg dairy-free, meat-free, gluten-free
- ✦ We organise meal and snack times so that they are social occasions in which children and staff participate. Pre-schoolers and toddlers have a snack café and they choose when to eat by helping themselves.
- ✦ 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 day.
- ✦ Milk is provided at snack and meal times and children are encouraged to drink water or milk. Dairy alternatives are available.
- ✦ In accordance with parents' wishes, we offer children arriving early in the morning a breakfast which includes an offering of toast, cereal and fresh fruit.
- ✦ We ask that parents follow guidance from Healthy Under 5's programme, information is available on the Healthy Under 5's board in the setting and the website

Babies

- ✦ Baby led weaning is supported and we work with parents to provide support and advice on weaning
- ✦ Food can be pureed if required and this needs to be communicated with your child's key person
- ✦ We support and encourage mothers who breast feed. If you need to breast feed your child whilst collecting or dropping off, please speak to the nursery manager who can arrange for a private place to feed your child, if you do not feel comfortable to feed in the room. A fridge is available to store breast milk. If you would like to bring in breast milk for your child please ensure it is labelled and dated with the child's name, DOB, date expressed, and date frozen/defrosted (if applicable)
- ✦ Formula milk needs to be provided, and if not in original packaging needs to be potted and labelled with the child's name, DOB and number of ounces the formula powder will make
- ✦ Please ensure you provide enough sterilised bottles for your child's session
- ✦ Babies feeding routines change rapidly. Parents are responsible for communicating changes in their child's feeding routines via Family
- ✦ For each child under two, if parents request, we provide daily written information about feeding routines, intake and preferences

Managing allergies

- ✦ Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Administering Medicines, Managing Allergies and Sickness policy.)
- ✦ 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 display children's individual dietary needs on allergy lists in the kitchen and play rooms. Staff in rooms are knowledgeable of dietary requirements and the kitchen manager checks these requirements each day.
- ✦ We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents are required to provide written notice if their child's allergies or intolerances change. We may ask for a supporting Doctors letter to confirm this.
- ✦ 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. We also ask that packed lunches don't contain nuts, chocolate or crisps.

- ✦ 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.
- ✦ In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- ✦ Children with severe allergies will be given a risk assessment so as to put the appropriate measures in action to avoid contact with the allergen

If you have any questions regarding our food and drink policy including information on food allergies, please speak to the nursery manager.

Date of Policy: October 2019

Signed By: Margaret Larson Director

Reviewed 28/1/20 M Larson