



FAIRLANDS DAY NURSERY, CHURCH ROAD, SHEDFIELD,
SOUTHAMPTON, HAMPSHIRE, SO32 2HY.

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Food and Drink Policy

Statement of intent

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

Aim

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

Methods

The members of staff responsible for food and hygiene are Natasha McColl, Jo Skinner and Carol Plumpton, they are competent to carry out these responsibilities. They have undertaken food and hygiene training and regularly update their knowledge and understanding.

- 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. A copy of all dietary requirements and food allergies is displayed in the staff room and the Annexe kitchen.

- We regularly consult with parents and staff to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- 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 cookery in advance, often involving children in the planning.
- We display the menus of snacks for the information of parents.
- We 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 buy our food weekly from: Tesco's, Sainsbury's, Asda's, Co-op and the local farm shop.
- All snacks are prepared in the Food preparation area by a member of staff. (see attached sheet Food preparation guideline).
- We refrain from using peanuts or nut products within the nursery due to allergies. If any lunch boxes contain nut products, they are sent home unopened. Fairland's staff are especially vigilant when a child is known to have an allergy to nuts.
- 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 use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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.
- 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.

Packed lunches

- Inform parents that we encourage healthy eating at Fairland's Day Nursery.
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or creme fresh (petit filou).
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits
- Ensure that staff sit with children to eat their lunch so that the mealtime is a social occasion.

This policy was adopted at Fairland's Day Nursery on

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Signed on behalf of the Management Committee/Proprietor

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Role of signatory (e.g. chairperson etc.)

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This policy was amended on

.....(date)

.....(date)

.....(date)

(3)