

Gosforth Nursery



FOOD POLICY

August 2024

Rationale and aim

All schools are expected to contribute towards the 'Every Child Matters' agenda, which includes making every effort to help children to: -

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well being

Diet is a very important element in all of these areas. A healthy diet promotes well being throughout life and helps to avoid the development of a wide range of diseases and conditions including obesity, depression, heart disease and strokes. It is very important that children are encouraged to choose healthy food options from the beginning; the behaviours and attitudes we develop at this early stage will stay with us for life.

Gosforth Nursery recognises the importance of promoting healthy eating, sensible food portions and the guidance given to the children and adults in our school will reflect this. We believe that food should never be used as a form of punishment, whether taking away or telling children they must eat something before something else positive can happen. Eating food should be an enjoyable experience which promotes positive experiences.

Snacks

During the day our children are offered snacks. These consist of a wide range of mainly healthy snacks including fruit, vegetables, crackers, bread sticks etc. From time to time and only on special occasions children may be offered a sweet snack however we will always follow parent's guidance and if a child is not allowed this we will offer an alternative. Children will always be offered milk or water at snack time. Juice will only ever be given as part of a celebration e.g. Christmas party. Again if parents do not wish their child to have this then we will give water or milk as an alternative.

Milk

All children are offered milk or water during the day at a set time. However, if they have an allergy this is also catered for e.g. soya milk can be provided by the parent. An alternative of water can also be offered. Children are allowed water at any point during their nursery session.

Special Occasions

When a child has a birthday they are allowed to bring a cake/sweets into school, however this must NOT contain any traces of nuts. Staff all have a deep understanding of which children have allergies and an alternative will be given to them. The cakes must be shop bought to enable staff to see the ingredients contained in the cake. Sweets or a healthy treat may be brought in by parents when their child has a birthday but staff will not allow the children to eat them before they go home. They will be given to the parents to take home. This will allow parents the option of whether to allow the treat to be given to their child or not. In case of allergies an alternative treat will be discussed with the parents of the child so the child does not feel left out.

Breast feeding provision

Our nursery is aware of government regulations which protect new and expectant mothers who work; if required there is a room which can be used for anyone (staff or parents) which provides a quiet area with total privacy. We have refrigeration facilities in the staff room as well as in the kitchen if storage of breast milk is required. Information about this issue is given to staff and also to parents through notices in the cloakroom/reception area.

Meal time atmosphere

The lunchtime supervisors provide a happy and safe environment with enough time to enable the children to eat their lunch, and school staff are always available to help if needed. Water is always available; small groups are seated together. Children are encouraged to try new things in their lunch and have an opportunity to talk about them. Children will have 2 separate sittings, on the whole. This will allow our slower eaters more time to enjoy their lunch. Children will never be forced to eat all of their lunch. We believe that this can have a negative impact on their future eating habits. If a child states that they are full it can sometimes mean that they don't like something. Staff will use their good judgement to ensure that children are well prepared, food and drink wise, for the next part of the day but will never say that a child has to eat everything that has been provided for them...unless the child wants to eat it all.

Allergens / Hygiene

If a child is allergic or has a food intolerance to any of the 14 allergens, we will initially start with a care plan. All food will then be checked to ensure allergens are not contained in products that we purchase (prepacked). Food that is for that child specifically will be provided by the parent or checked by the parent to ensure they are able to have it. This food will be covered and only opened when the food is being served. Children who attend breakfast and after school club will also have the food provided by their parents to ensure no child is put at risk. All staff who handle food will complete Food Allergy and Intolerance training through the FSA. All staff who handle food will also complete Food Hygiene training. Those preparing food will wear a hair net and an apron. Areas that are used for food preparation will be cleaned by products that meet British Standards i.e will state how long products need to be left on for before wiping.

NB Our school is not eligible for the national school fruit and vegetable scheme.

Education

At Gosforth Nursery, members of staff have undergone training to educate the children about Healthy Eating and physical activity. Healthy eating and exercise are part of our curriculum and are recorded in our planning and procedures. We taste fruit and vegetables and also talk about the body and exercise and food groups. We use books, stories, puppets, a model of big teeth and brush, a CD for different rates of movement and a model skeleton to support this. We also discuss individual children's likes and dislikes. We cook and bake with small groups of children to show them how foods can change, how things are made and where foods come from.

Signature of owner

Signature of nursery manager

Date

REVIEWED: Aug 24

NEXT REVIEW DATE: Aug 27