

Food and Drink

Parents are asked to supply a packed lunch; it is pointed out that we do have facilities to warm food that needs heating.

The following procedures must be followed;

- All children must wash their hands before eating. Staff eating with them must be good hygiene models.
- Tables are never overcrowded during mealtimes.
- A qualified paediatric first aider must be with the children at all times.
- All food is prepared to prevent choking.
- If a choking incident is experienced, that requires intervention, the incident is recorded and the parents informed. These records are reviewed to identify and trends or common features.
- Any incidents of food poisoning that can be traced back to the nursery are reported to OFSTED or the CMA.
- We prepare food in a way that is suitable for each child's age and stage of development.
- Staff discuss with parents the stage children are at regarding solid foods.
- Babies and toddlers are seated safely in a highchair or at a low table.

We promote healthy eating.

- Before a child starts in the setting the parent's carers are asked about dietary needs and allergies.
- We display the dietary needs for staff to check.
- Parents are able to add or change dietary needs to Family and staff are notified of them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences and their parent's wishes.
- We provide nutritious food for snack time and children choose which foods they like.
- We provide food from different cultures providing children to experience new tastes.
- We do not provide any nut products and discourage nut products in children's lunchboxes.
- Through discussion with parent's and research we obtain information about the dietary needs of different religious groups, vegetarians and vegans and different food allergies.
- We show sensitivity to children's dietary needs and do not allow this to label a child.
- We use meal and snack times to help with children's independence through making choices, serving themselves and washing up.

- We provide children with utensils appropriate to their age and stage of development.
- We have fresh drinking water which is available at all times.
- Milk is provided at snack time. Each child is entitled to a third of a pint.
- We ask parents to place an ice block in packed lunch boxes.
- We discourage children, and supervise them, so they can't share food with other children.
- We make up babies bottles safely using formula provided by the parents.

Packed lunches

Children are required to bring packed lunches, we

- Encourage parents to provide an ice pack,
- Inform parents of our desire to encourage healthy eating.
- Inform parents we have access to a microwave and cooker.
- Encourage parents to supply sandwiches with a healthy filling, fruit and a yogurt or crème fraiche. We discourage sweet drinks.
- We advise parents who are struggling to supply a healthy lunch box.
- Staff sit with children to eat their lunch making it a sociable experience.