



Harvey Bears Nursery and Preschool

Food and Drink Policy

Date of last review	
Signature of registered provider	

Related policies
<ul style="list-style-type: none">• Safeguarding Policy and Procedure including child protection.• Food Hygiene

Introduction

At Harvey Bears, we promote healthy eating practices and encourage children to eat a balanced diet. We ensure that they have access to healthy snacks and all food is prepared to prevent choking and in line with individual dietary requirements and allergies.

General Procedures

- All children must wash their hands before eating. Staff must be good hygiene models.
- Tables are never overcrowded during mealtimes and each table has a designated staff member to assist with any packaging.
- A qualified paediatric first aider must be with the children at all times.
- Babies and toddlers are seated safely in a highchair or at a low table.
- We discourage children, and supervise them, so they can't share food with other children.
- We provide children with utensils appropriate to their age and stage of development.
- We use meal and snack times to help with children's independence through making choices, serving themselves and washing up.
- We have fresh drinking water which is available at all times.

Dietary Needs and Allergy Awareness

Before a child starts in the setting the parent's carers are asked about dietary needs and allergies. This information is displayed so staff can check any dietary needs of the children attending on any given day. 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. Staff show sensitivity to children's dietary needs and do not allow this to label a child.

In order to offer an inclusive environment, we operate a nut-free setting – we do not provide any nut products and discourage nut products in the children's lunchboxes.

Through discussion with parents and our own research we obtain information about the dietary needs of different religious groups, vegetarians and vegans and different food allergies. We provide food from different cultures providing children to experience new tastes.

Health and Safety Considerations

- We prepare food in a way that is suitable for each child's age and stage of development.
- 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 trends or common features.
- Any incidents of food poisoning that can be traced back to the nursery are reported to OFSTED or the CMA.

Babies and Weaning

- Staff discuss with parents the stage children are at regarding solid foods.
- We make up babies bottles safely using formula provided by the parents.
- Babies and toddlers under 2 years of age are sat in a highchair and have dedicated members of (first aid trained) staff supervising them at all times.
- They are encouraged to feed themselves where possible, with adult support fully on hand.

Snack Time

Every day, Harvey Bears provides a healthy, nutritious snack in the morning for all children. The children help prepare this snack, working alongside an adult to cut up a variety of fruit and vegetables, before being able to choose what they would like to eat. The children are also encouraged to butter their own toast / crumpets with adult help when required. Each child is entitled to a third of a pint of milk per day, which is provided and offered at snack time.

Lunch Time

Harvey Bears do not provide lunchtime meals so we ask that all parents supply a packed lunch; it is pointed out that we do have facilities (microwave, oven and toaster) to warm food that needs heating. We inform parents of our policies on healthy eating and encourage them to pack an ice block alongside sandwiches with a healthy filling, fruit and a yogurt or crème fraîche. We discourage sweet drinks, chocolate and sweets. We offer advice for parents who are struggling to supply a healthy lunch box and follow the latest NHS guidelines on child nutrition. To model good eating habits, staff will sit with the children to make it a sociable experience and encourage them to start with the more savoury items before moving onto their sweeter treats and yoghurts.

Policy Review

This policy will be reviewed annually or when an incident occurs or there are new local or national policies and procedures. The review process will be led by the registered provider and the DSL and include all those working in the setting.