



EYFS: The Safeguarding and Welfare Requirements
3.47 – 3.49

Health

3f.4 Food and Drink

Policy Statement

- Auden Place Community Nursery regards snack and meal times as an important part of the day.
- Eating represents a social time for children and adults and helps children to learn about healthy eating.
- At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.
- There is always a first aider available at snack and mealtimes.

Procedures

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

- We provide a varied and nutritionally balanced 4 week menu.
- We display the menus of meals/snacks for the information of parents.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- 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 carry out regular cooking activities with the children and also talk about the benefits of healthy food and exercise as part of our curriculum.
- For children who drink milk, we provide organic milk. Whole milk for the under 2's and semi-skimmed for the over 2's.
- We provide parents with daily written information about feeding routines, intake and preferences.

Mealtimes

- Breakfast – is served between 8.00am – 9.15am and consists of cereal and toast.
- Lunch – A hot meal is served at 11.30am, for babies, 11.45am for toddlers and 12.00pm for pre-schoolers. Lunch consists of a main dish, served with vegetables or salad, and a dessert.
- Tea - is served at 3.30pm. This too consists of a main and a dessert.
- Snacks - Healthy, nutritious snacks are served at appropriate times during the day.

Menu Planning

- Auden Place has 4 set menus, which are rotated on a weekly basis and reviewed regularly to provide a varied diet.
- When planning new menus, parents and children are included.
- We liaise with nutritionists with the Early Years Nursery Partnership to ensure we meet the criteria for The Child's Food Trust under 5's voluntary nutritional guidelines. <http://www.eynpartnership.org/>
- We plan meals that children have to opportunity to prepare.



Healthy Eating

- We limit the use of processed foods.
- We do not use pork or any products containing pork.
- When meat or fish is served, there is always a vegetarian alternative
- We provide a minimum of 5 portions of fruit and vegetable a day on our menu, aiming for children to get their quota within their nursery day.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Dried fruits are only offered as part of a main meal rather than a snack to prevent tooth decay.
- We promote the importance of healthy eating, and foods that are good for us.
- 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 include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives
 - dairy foods
 - grains, cereals and starch vegetables
 - fruit and vegetables
- We talk with the children about healthy eating and also have games of the topic for fun learning.
- Whereas guidelines recommend a mixture of white and wholemeal bread is to be offered across the week particularly for children under 2, who's digestive systems are not yet ready to cope with just wholemeal. Due to the number of part time children who attend Auden Place, to ensure that they do not get too much of one or the other, we provide the 50:50 bread which has been approved by the nutritionist.

Desserts

Sugary foods and confectionery should be avoided between meals, but are not banned altogether. In fact, a sweet pudding after lunch is encouraged, in order to provide a sufficient intake of calories, fat and nutrients to meet the relatively high needs of this age group.

Many parents will request just fruit as a dessert option for their child, believing this to be the most balanced choice. However, by supplying fruit alone, children often don't receive enough calories, carbohydrate or nutrients (such as iron and calcium), which a variety of different dessert options can help to provide.

For this reason, we follow the Children's Food Trust recommendation that a dessert should be provided as part of lunch and tea each day. They suggest a variety of options (such as crumbles or baked apples, semolina, rice pudding or custard, yoghurt or fromage frais, carrot cake or fruit flapjack and fruit salads) rather than relying on fresh fruit alone are also offered to children over 1 year as part of a balanced lunch menu.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/early-years/>

Special Dietary Requirements



- During the child's induction, parents will need to inform us, in writing, of any dietary requirements, whether they are, serious medical allergies, mild allergies or religious. We also cater for vegetarian children.
- For allergies, we will need parents to complete a health plan which is reviewed every six months, and they will also be asked to provide the nurseries with medication such as Piriton or epi pens (Please note, there must be 2 epi-pens provided to the nursery)
- Any dietary requirements will be put onto the Dietary Requirements List, a copy of which is kept in the classrooms, the kitchen and the office.
- Good communication between home and nursery is very important and we ask parents to inform in writing when there are changes to their child's dietary needs.
- Each day, the cooks will cross reference the 'forms' with the menus and provide alternate food if necessary.
- Extreme care will be taken to check all foods for ingredients to prevent children being given foods they must not have.
- Whilst we will support parents with their weaning process, by the age of one, we will expect all children (except those with allergies or religious reasons) to be following our menus, inclusive of desserts.

Children's Drinking Water

- Fresh drinking water is available at all times for the children.
- In the Rainbow Room (Under 2's) fresh beakers of water are made up each morning, individually labelled with the children's names. They are kept in the room and offered to the children regularly throughout the day, as well as each mealtime. The water is changed at least once a day.
- In the Sunshine and Star Rooms (2-5yrs) there is a drinking table with a water dispenser and beakers, so that children can freely access water at all times. The children are encouraged to place their beakers in the washing – up bowl when they have used them, and the staff will wash and replace them at regular intervals. The water in the dispenser is replaced at least one a day, and checked regularly to see if it needs refilling.
- At mealtimes, water and with snacks, milk is offered in jugs so that children can choose what they would like to drink, and use their independence to pour it themselves.

Staff Training

- All staff are trained in Allergy Awareness and part of their induction and this is renewed every three years
- Many staff are trained in nutrition for Under 5's