



St. Lucia's
Upton Magna

C of E Primary School and Nursery

Food and Drink Policy

Statement of Intent

St Lucia's Nursery regards snack times as an important part of the Nursery session. Eating represents social time for the 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 Early Year's Foundation Stage Welfare Requirement*.

Methods

- Before a child starts St Lucia's Nursery, we find out from parents/carers their children's dietary needs, 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 is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies are up to date. Parents sign an updated record to signify it's correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parent's wishes.
- We provide nutritious food at snack time, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings. The school provides us with lunch time meals, which they work towards their own policy.
- We provide foods from the diet of each of the children's cultural backgrounds, providing children familiar foods and introducing them to new ones. This links to the EYFS- literacy as it teaches children about ingredients, where food comes from, about food for special occasions and from different cultures. Language can be developed and senses through discussing and describing the taste, texture, size, look and smell food.
- Through discussion with parents and research reading by staff we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans and about food allergies. We take into account this information in the provision of food and drinks.
- 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 singles out because of her/his allergy.

- We organise snack times so that they are social occasions in which children and staff participate, this links to the EYFS – communication and language, as sitting around a tables eating together is a good way to teach conversation and social skills, such as looking after one another.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves. This links to the EYFS- Physical Development by activities such as using knives and forks, preparing food and washing up can help children’s fine and motor skills development. Mealtimes can be used to help children to make healthy food choices. Getting the children to serve food and to help hand out different utensils at mealtimes can support numeracy skills, such as counting out plates, spoons and pieces of fruit when setting the table which also links to the EYFS.
- We provide children with utensils which are appropriate for their ages and stages of development and which we take into account of the eating practices in their cultures.
- We encourage and promote healthy eating in our setting by growing some of our own fruit and vegetables such as strawberries, peas, potatoes, herbs and cucumber. This helps children learn through food, it links to the EYFS – understanding the world. Food tasting activities teach children about ingredients, the seasons and where the food comes from. It also teaches children about life cycles, gardening and how to look after plants.
- We include cooking into our planning, such as bread and biscuits, we also make fruit kebabs and fruit smoothies. This links in with personal, Social and Emotional development of the EYFS, as its offers opportunities for learning through working with others and increasing self esteem. We include healthy eating topics into our plans.
- We plan our snacks in a weeks advance to ensure variety. We ask children what they would like to have for snacks, encouraging healthy eating such as choices of different fruits to try. We also display the snack menus and the daily times of meals and snack times for the parents to see.
- 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 Nursery.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide semi-skimmed and pasteurised milk.

This policy and procedure will be reviewed annually, where we monitor progress and impact.

Policy Adopted: **19/06/2017**

Review date: **June 2018**