

Food, Drink and Healthy Eating Policy

To be read alongside WLC Catering Policy

Statement of Intent

White Lodge nursery promotes healthy eating by providing a well balanced and nutritious diet for all children attending the service. White Lodge believes that eating represents a social time for children and adults and aims to encourage children to learn about healthy eating.

Aims

- Our aim is to meet the dietary, medical and religious requirements to promote children's healthy growth and development.
- All meals and snacks that are provided are healthy and nutritious and provides as many of the recommended 5 portions of fruit and vegetables as possible.
- Snacks are offered in the morning and afternoon and due to the needs of some of our children we do offer biscuits along with fruit as the consistency is ideal for children with swallowing problems.
- A multicultural diet is offered to ensure that children from all backgrounds encounter tastes from their own and their peers backgrounds.
- We monitor and review our practice and policy and, if necessary, make amendments.
- Staff are encouraged to attend food hygiene training and the food preparation kitchen in Rendezvous is inspected by Environmental Health and currently holds a 5 star food hygiene rating.

Methods

- Mealtimes are a social event where the sharing of refreshments can play an important part in the social life of the nursery.
- Children will be encouraged to make choices, drink and feed themselves where possible to help develop independence.
- The nursery provides snacks for the children in the morning and afternoon. A two course lunch is provided at a low cost to parents/carers.
- We are aware that it is essential for children to have enough water at mealtimes to assist growth. Milk, water, fruit juice and low sugar squash are also available. Drinks are available throughout the day. There is easy access to drinking water where children can help themselves or ask for help if required.

Allergies

We operate an inclusive policy so that a child no matter what their need will be cared for within the setting.

During the Pre-entry meeting the parents consent is required for lots of things that will take place in the nursery on a day to day basis. We also ask if the child has or has ever had an allergy and ask for details.

If the child has a 'severe' allergy then any reaction the child has is classed as 'severe' and they will be asked to provide written details.

The parent/carer will then need to provide us with a medical plan detailing the correct procedure should the child become inadvertently exposed.

When the child starts the nursery all staff will be made aware of the child's allergy and the course of action to take if exposed to the allergen. Each room is provided with a list of children with allergies, which is kept up to date.

Food, Drink and Healthy Eating Policy COVID-19

Following the latest guidance, White Lodge Centre is looking to update the above policy to correspond to the Government Guidance and Support.

This includes suggested approaches to help our Nursery maintain a safe and clean environment during meal times, including snack times.

This could mean:

- to work out arrangements for lunchtimes so that pupils do not mix with pupils from other groups;
- having several lunch sittings or serving lunch in more than one location including in the classroom, not having more than six children at the table in the same time;
- we could implement a staggered break and lunch to allow all children to have enough inside or outside space and reduce risk of moving between children;
- we will not be providing hot food in the first instance. We are asking that as many children as possible bring a packed lunch. We will continue to provide a packed lunch for Free School Meal children. If you require a school packed lunch, they must be ordered in advance; however, the Café staff are still on Furlough and we will review this situation when the café is back up and running. To find out how to order a packed lunch, please ask a staff member. Packed lunches will then be delivered to the zones for children, for their teachers to collect. An invoice will be set up to mirror the amount of money needed for lunches.
- asking caterers to look at other flexible ways of giving pupils access to lunch, for example, taking food to pupils in the areas they are in for the day;
- children will not have free access to filling up water bottles or purchasing drinks so we ask that all children come with filled drink bottles of water or squash. Fizzy drinks and energy drinks are not allowed, except in special cases.
- children and their parents will strongly be advised to refrain from bringing food or cakes to be shared at Nursery, in order to avoid cross-contamination. In special circumstances, if this happens, the food/cakes will be individually wrapped and presented to the parents at the end of their children`s session.
- children will have areas in their zone to eat inside or preferably, weather permitting, to eat outside with their year group bubble.