

## Sawston Childcare Limited

### Food and drink



#### Policy statement

Sawston Nursery regard snack and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

#### Procedures

Sawston Nursery follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs (For example, Gluten or Dairy Free) and cultural preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- Sawston Nursery record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it 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 the updated record to signify that it is correct.
- Sawston Nursery display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and cultural preferences.
- We display the menus of meals/snacks for parents to view.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives, and colourings.
- We include a variety of foods from the four main food groups to ensure a balanced diet:
  - meat, fish and protein alternatives.
  - dairy foods.
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- 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 take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
  - Through discussion with parents and research reading, Sawston Nursery obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and

vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.

- We show sensitivity in providing for children's diets and allergies and do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- All staff handling food hold an up to date Food Hygiene Level 2 certificate.
- Our chef holds a Level 3 in Food Hygiene.
- We organise meal and snack times so that they are social occasions in which children and adults 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.

- An allergy is a response within the body and results in an immune response that causes symptoms and could potentially be life threatening in some cases.
- We have fresh drinking water constantly available for the children. We will inform the children about how to obtain the water and they can ask for water at any time during the day.
- It has been proven in various studies that children's behaviour and concentration improves when they drink water throughout the day. Dehydration can give children headaches and make them tired and irritable. Therefore, we encourage children to drink water supplied by the nursery, as this is a tooth friendly drink, which can be consumed anytime during the day. Water bottles and cups are kept at nursery and filled and emptied during the day, which allows children to have access to drinking water throughout the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide 'whole' pasteurised milk.

### **Allergies and Special Diets**

- Sawston Nursery can only provide a separate meal for those children with allergies, religious or medical needs, please be aware that we are unable to provide for individual preferences, as we do not have the facilities.
- An allergy is a response within the body and results in an immune response that causes symptoms and could potentially be life threatening in some cases.
- We respect children with allergies and dietary requirements, providing meals according to their individual needs, and this will be served on a separate place to avoid any cross contamination.
- We plan menus, involving children and parents in the planning where possible.
- Dietary and allergy lists are available for staff at mealtimes.
- Parents will be asked to provide detailed information about special diets. This must be provided in writing for the Nursery. A doctor's letter confirming the child's needs must be provided by the parents/carers.

## Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

## Further guidance

- Safer Food, Better Business (29 January 2020)

This Policy was adopted by	Sawston Nursery
On	November 2016
Updated on	September 2020
Signed on behalf of the setting	