



Whitecross Nursery School

Food and Drink Policy

Reviewed by	Claire FitzPatrick
Date of last review	February 2023
Date of next review	February 2026
Ratified by the Governing Body	March 2023

This policy will be reviewed sooner if there is a change to legislation or guidance which may affect it. Any changes will be communicated to all stakeholders.

Introduction

- This document is a statement of the aims, principles and strategies for food at our Nursery School.
- The policy reflects the beliefs of the staff and the governors and was formulated in consultation with staff.
- The implementation of this policy is the responsibility of all members of staff at our school.

Rationale

Whitecross Nursery School takes food education and healthy eating very seriously. We recognise the impact that a balanced diet can have on a child's ability to learn and their life in general. We understand we have a vital role to play in providing information for our children on healthy eating as well as helping them establish and maintain life-long 'sensible' eating habits. This is achieved through a variety of experiences, including the consumption of a wide range of foods, stories, topic related activities and play activities offered during sessions.

Objectives related to this policy

- To ensure that snack times are a 'valued' part of the day in a comfortable environment.
- To ensure as many children as possible eat a piece of fruit and/or have another healthy snack during the Nursery session.
- To ensure that breakfasts and tea is as nutritionally healthy as possible.
- To ensure that breakfast and tea is served and eaten in a welcoming environment.
- To ensure that school lunches are as nutritionally healthy as possible.
- To ensure the mid-day meal is served and eaten in a welcoming environment.
- To encourage common courtesies such as saying 'please' and 'thank you'.
- To develop independence through making choices and feeding themselves.
- To ensure breakfast club, midday play workers and after school club staff encourage children to eat their breakfast/lunch and note any children who are not eating well.
- To ensure good lines of communication exist between breakfast club, midday play workers, teachers, TA's and after school club staff with regard to children's food consumption – this information can then be passed to parents as required.
- To ensure all children have access to a drink during each Nursery session.
- To provide baking/cooking activities as part of the EYFS curriculum with a focus on healthy eating.
- To encourage children to see sweets and fizzy drinks as 'treats' rather than a part of their daily diet.
- To meet the requirements of the EYFS curriculum.

- To maintain Health Promoting School Status.

Implementation of the policy

- The Food and Drink Policy is discussed with new members of staff during their induction meeting.
- Parents are made aware of the Food and Drink Policy on the school website.
- Staff are given the opportunity to identify and are encouraged to attend any relevant training events and to share these experiences with the rest of the school staff.

Drinks

- Water is readily available throughout the day.
- A variety of drinks (cow's milk, oat milk and water) are provided during each Nursery session.
- Milk and water are offered to the children at breakfast club.
- Milk, juice and water are offered to the children at lunch time.
- Milk, juice and water are offered to the children at after school club.
- We encourage the children to help themselves, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- We monitor the amount children drink as far as is practically possible.

Snack

- We offer a balance and variety of snacks.
- Fresh fruit is delivered to the Nursery weekly and stored appropriately.
- The children experience a range of cultural and nutritious experiences throughout the year.
- Snack time is a social experience – children are encouraged to share and be polite.
- Parents/carers are charged a nominal amount each session for their child's snack.

Meals

- Meals are cooked at Central Nursery School Kitchen and delivered to the Nursery in insulated boxes.
- Information is given to parents regarding the children's food consumption if staff feel it is necessary.
- Meals are offered in family settings with utensils that are appropriate to the child's age or stage of development.
- MDPWs support the children to eat using a knife and fork and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes.
- We display the menu of meals for the information of parents on the website and notice board.
- Children are gently encouraged to choose and try food that they think they do not like, ensuring a healthy balance of foods.
- Children and their parents/carers are encouraged to take advantage of free school meal entitlement or to purchase a high-quality, hot meal at lunch time. However, they can opt to provide a healthy packed lunch for their child if preferred.

Dietary Requirements

- During the Headteacher's 1:1 with each parent/carer, we establish whether their child has any particular dietary needs or allergies.
- All staff and visitors are made aware of children's dietary needs and requirements.
- We regularly update records of children's specific dietary requirements and keep these in a discreet, but prominent place.

- Where appropriate, we implement systems to ensure that children receive only food and drink which is consistent to their dietary needs and their wishes.
- Where parents are providing food, we request that they do not send in foods that may trigger an allergy for another child, e.g. nuts.

Multi-cultural Requirements

- Staff respect and make arrangements for children's cultural and religious needs.

Storage

- Snack or foods for meals that need to be kept chilled is put on the appropriate shelf in the fridge.
- Daily fridge temperature checks are carried out.
- Food is always eaten by its sell-by date or otherwise thrown away.
- Any food provided by parents is stored in the appropriate place and is clearly labelled with the child's name. Parents are requested you put an ice pack in the lunch box to keep the food chilled until it is eaten at lunchtime.

Links references and regulations

- Health & Safety Policy
- Equal Opportunities Policy
- Special Educational Needs Policy
- National Healthy Schools Programme – My Food
- Statutory Framework for the EYFS