

# Reading Early Years Schools Federation (REYS)



## Healthy food and drink Policy

Signed by Chair of Governors: Caroline Wharton

Signed by Executive Head teacher: Joanne Budge

Date: December 2020

Date to be reviewed: December 2023

December 2020 – Next review December 2023

## **Healthy food and drink policy**

### **Vision**

All staff within the REYS federation aim to deliver a provision of the highest quality. The Governors recognise the important connection between a healthy diet and a young child's ability to learn effectively. The Governors also recognise the role nursery can play, as part of the larger community, to promote family health, reducing obesity and sustainable food and farming practices.

We recognise that sharing food is a fundamental experience for all people; it is a primary way to nurture and celebrate our cultural diversity; and it is an excellent bridge for building friendships, and inter-generational bonds.

Each nursery works to improve the health of the entire community by teaching children ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through the Early Years Foundation Stage Curriculum (such as cooking and growing food), and the food served in the nursery.

We regard mealtimes an important part of the nursery day as they represent a social time for children, babies and adults; this is a time to share their day, their feelings and ideas and a time to learn about food and healthy eating.

### **Aims of the healthy food and drink policy:**

- To improve the health of children, staff and families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To develop children's knowledge of a balanced diet, food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure children are well nourished while in the nursery, through every child who is eligible to the nursery meals having access to safe, tasty, and nutritious food. Portion size will be appropriate for the age of the individual children.
- For there to be water and milk available during the day.
- To make healthy snacks during the sessions for the children
- To ensure that food provision in the nursery reflects the requirements of children and staff e.g. religious, cultural, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To ensure relevant staff have appropriate food hygiene training.
- To introduce and promote practices within the centre to reinforce these aims, and to remove or discourage practices that negate them.

We are a 'nut-free nursery' and products we use do not contain any nuts, or anything containing nuts or nut products.

### Procedure

- Before any child starts at any of our nurseries, we will find out from the parents/carer what the child's dietary requirements are including any allergies or intolerances.
- We record the information on the child's records which the parents/carer sign to signify that it is correct.
- We regularly consult with parents/carer to ensure that our records are up to date.
- We display any dietary requirements, allergies or intolerances on the dietary form which are located in the rooms.
- We organise each mealtime so the children are in a family style dining setting. To encourage independence, the children will serve themselves food and drink using the appropriate utensils (with support when required).
- We have fresh water constantly available for all the children. In the over two's room, they can help themselves to their water bottles throughout the nursery day and the under two's room have fresh water or cooled boiled water available in a training cup or bottle.

### *Caversham only*

- *The menu for the week will be displayed so everyone can see.*
- *We use Chartwells catering for the children's lunch and tea menus which are cooked on site.*
- *Chartwells Catering will probe the food in the kitchen to ensure food is cooked and served at the correct temperature.*
- *If a child has a dietary requirement, an allergy or intolerance Chartwells Catering try to make their meal look the same as everyone else so not to make the child feel singled out. A doctor's letter will be required before any special meals can be made. (This is a requirement from Chartwells).*
- *The children who come in the early morning between 8am and 8.30am can have breakfast at nursery this will consist of cereal as well as milk or water to drink. Breakfast ends at 8.45am.*
- *Parents are asked to provide formula milk in a sealed container when required for the babies. The nursery will provide full fat pasteurised milk for all the other children under two year and semi skimmed for over two year olds.*
- *The nursery will provide easy to identify name labels for each of the babies bottles so the bottles are labelled so everyone can see which bottle belongs to which baby.*
- *If Parent's/Carers chose to bring their own bottles, the nursery staff will wash out the bottle and put them in the child's nursery bag but these*

*bottles will not be sterilised. This will be explained to the parents/carer so they know that they need to wash the bottles at the end of the day at nursery.*

- *Staff use a bottle feeding chart to record what time they had their bottle. On each fridge there is a weekly temperature reading chart to check the fridge is at the correct temperature. The maximum temperature of chilled food is 8c.*
- *Refrigerators should operate at 5c or below. Freezers should operate at -18c or below.*

### **Healthy Snacks**

- Snacks provided are free from sugars that can damage teeth and low in salt.
- Fruit and vegetables are encouraged (dried fruit will not generally be served as a snack item).
- Water and milk are safe for teeth and therefore the only drinks on offer.
- All children over 1-year-old will be encouraged to drink from a cup. *(Caversham only).*
- The dietary needs of religious groups and vegetarians/vegans are respected
- Parents/carers who wish to provide food for birthdays are requested to provide fresh fruit rather than cakes/sweets.
- Any cakes provided by parents must be shop bought with a list of ingredients visible.

### **Monitoring**

This policy will be regularly reviewed in line with the nurseries policy cycle.