

Birchfield Nursery School Food and Drink Policy

Overview

This nursery regards snack as an important part of the session. Eating represents a social time for children and adults and helps children learn about healthy eating. We promote healthy eating using resources and materials from Bridgewater Community Healthcare (NHS Trust) and Halton Health Improvement Team.

Organisation

Children need snacks between their meals that are nutritious. We choose a variety of snacks that are suitable for the age of our children. A portion for a child is about the size that will fit into their hand. Fresh fruit and vegetables are used for healthy snacks and we avoid snacks that are high in fat, salt and sugar.

Before a child starts attending nursery we ask parents to complete a medical form and inform us of any allergies or dietary needs. We record information about dietary needs and allergies in the medical folder and also have information available to each key carer about their own children. This is also available for other staff covering the group.

Snack menus are planned in advance to ensure a range of food and to support with resources. 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. We provide a vegetarian alternative on days when meat or fish are offered. Staff show sensitivity in providing for children's diets and allergies.

We organise our snack times to make them a social occasion in which staff and pupils participate. These are times to help children 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.

If any parent/carers bring in birthday treats, cakes or sweets these are given to parents at the end of the session for them to take home for their own child. We also suggest that parents bring in a healthy snack to share.

We have filtered drinking water available for children when they ask for it during the session. In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. Children have a choice of semi-skimmed milk or water to drink at snack times.

We encourage breastfeeding through promoting local support groups and having a range of leaflets available for parents. We have also identified the staffroom as a suitable place if mothers choose to breastfeed on site and have made this visible to parents by putting a notice on the door.

Healthy Snack Ideas (Fit 4 Life)

Fruit

- Fresh
- Tinned in own juice
- Frozen
- Raw vegetables chopped

Dairy

- Cheese e.g cottage cheese, cream cheese, hard cheese
- Milk
- Plain yoghurt with added fruit
- Plain yoghurt with mint and cucumber
- Eggs, should be well cooked

Fish

- Salmon
- Mackerel
- Sardines

Bread

- Pitta Bread
- Bagel
- Toast
- Crusty bread
- Bread sticks (low salt variety)

Dips

- Homemade hummus
- Homemade mackerel pate
- Homemade guacamole
- Homemade salsa

Plain rice cakes

Homemade plain popcorn

Monitoring and Review

The policy will be reviewed by staff and governors bi-annually and take into account feedback from parents and pupils.