



FOOD & NUTRITION POLICY

Clyde Nursery Ltd acknowledges good nutrition in the early years is vital and children's early experiences of food, is an important part in shaping later eating habits. We are committed to offering children healthy and nutritionally balanced foods which meet individual needs, requirements and encourage the development of good eating habits. Snack and meal times should be a happy, social occasion for staff and children alike and staff are encouraged to sit with the children at mealtimes, encouraging them to eat the food provided from home and share snack provided by Nursery.

The 3-5-year children are involved in planning weekly food menus to learn about healthy eating. The menus consisting of healthy and nutritious foods and reflecting cultural diversity and variation are posted on the Notice Board in order that parents/carers can see in advance what their child will be offered and enable parents/carers to plan other food in the day accordingly.

A full Allergy Risk Assessment Procedure is carried out with Parents/Carers prior to a child starting in Nursery. Parents will be asked, in line with the Food Information Regulations 2014 (FIR), about any possible reactions to the 14 food allergens (Cereals containing gluten, milk, eggs, fish, shellfish, crustaceans, peanuts, other nuts, celery, mustard, sesame, lupin beans or sulphites).

Parents/Carers are responsible for informing the Nursery, in writing, of any special diet or food allergy their child may have. These will be recorded, and **all staff will be responsible for making themselves aware of and have knowledge of children's special diets or reported allergies. Children will not be offered food or drink that they have been recorded as being allergic to.** Allergy lists are updated on a monthly basis and as required. Staff will show sensitivity in providing for special diets and allergies. Staff will not use a child's special diet or allergy in a negative way or make a child feel singled out because of their diet or allergy.

In line with the Food Information Regulations 2014 (FIR) the Nursery will display the Weekly Menus. Staff will take children's allergies into account in the planning and preparation of food.

Please note, however, the Nursery is a 'Nut Free Zone' and food containing nuts (this includes chocolate spread) should not be brought into Nursery.

Parents/carers are encouraged to provide fresh, healthy food for packed lunch as opposed to processed foods, sweets and chocolates. The Nursery may provide sweet foods as an exception for special celebrations. When a child has a birthday, cakes provided by parents/carers can be brought into the Nursery for the children to share, these will be checked to make sure that there is no child allergic to any of the ingredients.

Children will also sample foods normally eaten in other countries around the world as appropriate to themes and the celebration of multicultural festivals. Cultural differences in eating habits will be respected.

Staff will ensure that:

- **Children attending before 8.30am will be offered a breakfast.**
- **A light, nutritious mid-morning snack will be offered between 9.45-10.45am.**
- **A healthy afternoon snack will be offered at 3.15pm for our babies and 3-5-year-old children.**
- Children are provided with nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- Menus will include servings of fresh fruit and vegetables every day.
- Water will be available to children throughout the day and milk and water will be served at snack and meal times.
- Sweets and chocolates are not given to children on a regular daily basis.
- Staff will encourage good table manners during snack and at meal times. Snack and meal times will be organised, so they are social occasions in which children and staff participate in small groups.
- Staff will promote positive attitudes to healthy eating through play opportunities and discussions.
- Staff will use snack and meal times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating.
- Children will not be expected to finish everything on their plate and will be given additional food if still hungry.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have their food removed without any fuss. If a child does not finish their savoury food, he/she will still be offered dessert, if appropriate. Children not on special diets will be encouraged to eat a small piece of everything.

- Parental wishes shall be followed, i.e. if a child is not to receive anything sweet i.e. Birthday cake, a 'healthy' alternative will be offered instead.
- Children who refuse to eat at meal times will be offered food later in the day.
- Children who are slow eaters will be given time to eat and not be rushed.
- Quantities offered will take account of the ages of the children being catered for.

Parents will be informed on a daily basis to let them know what their child has eaten and make them aware of any difficulties. For children aged 0-2 years the Nursery will provide daily written records of feeding routines. For children aged 2-5, the Nursery will provide verbal feedback on the food consumed by the child during the Nursery day. Any leftovers will be sent home in the child's lunch bag so parents can see how much their child has eaten.

A copy of the Nutritional Guidelines will be available in the Nursery. These will be utilised by Nursery Kitchen Auxiliary staff who will meet regularly to devise standardised menu's to be used in all establishments, adhering to NHS Health Scotland's 'Setting the Table' – Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland. The menu choices will be reviewed at the beginning of each new term involving both 3-5-year-old children and parents to ensure choices are appropriate to the time of year and include seasonal produce.

A copy of the Packed Lunch Guidance Day care Services will be available to all new parents when their child starts Nursery and on the nursery website.

A copy of this policy is available to view in the Policy Folders held in the Nursery Office, Reception Area, Nursery Playrooms and the Nursery Kitchen.

Reviewed: August 2020

Date of Next Review: August 2021