

St. Joseph's R.C. Primary School



Nursery Food and Drink Policy

November 2023

Review: November 2026

Policy Review

This policy will be reviewed in full by the Governing Body on an annual basis.

The policy was last reviewed and agreed by the Governing Body November 2023

It is due for review in November 2026

Hayley Francis

Date: November 2023

Head Teacher

Lindsay Wise

Date: November 2023

Chair of Governors

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Policy statement

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

Procedures

We 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 and preferences, including any allergies.
- ✦ Parents are asked to complete a registration form detailing their child's dietary needs.
- ✦ 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 and are asked to update the electronic registration form.
- ✦ We 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 preferences, as well as their parents' wishes.
- ✦ We plan snack menus in advance and ensure all snacks are cut in finger food pieces to limit the risk of choking.
- ✦ We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar, salt artificial additives, preservatives and colourings.



We take care not to provide food containing nuts or nut products and adhere to the school Nut allergy Policy. We are especially vigilant where we have a child who has a known nut allergy.

Through discussion with parents and research reading, we 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 provide a vegetarian alternative if meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- ✦ We show sensitivity in providing for children's diets and allergies. We 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.
- ✦ 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 encourage them to feed 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.
- ✦ We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- ✦ We inform parents who provide food for their children about the storage facilities available in our setting.
- ✦ Guidelines and ideas for healthy packed lunches is available for parents.
- ✦ In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Packed lunches

When children bring packed lunches, we:

- ✦ ensure parents are advised regarding including an ice pack to keep food cool;
- ✦ inform parents of our policy on healthy eating and that sweets must not be included in lunch boxes in line with school policy.
- ✦ inform parents of whether we have facilities to microwave cooked food brought from home;
- ✦ encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche. We discourage sweet drinks and provide children with water.
- ✦ discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- ✦ provide children bringing packed lunches with plates, cups and cutlery; and
- ✦ ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.



Bottle feeding and breast milk Formula:

- ✦ Parents are asked to provide a sterilised bottle for each feed and pre-measured formula powder with the quantity clearly labelled in a named container. Alternatively, parents can provide a tub of formula milk which can be measured by the staff providing clear instructions are attached. Alternatively, parents can provide a carton of formula milk and staff will measure this out for each feed, with the quantity specified by the parents.
- ✦ If you decide to use the pre-measured option above, please label the pot clearly with the child's name and quantity of powder (e.g., 6 scoops) to ensure that staff are making the bottle correctly. Nursery staff will follow the manufacturers instructions when making up bottles for children.
- ✦ Cartons of formula can be provided by the parent/s. The date of opening will be recorded on the carton and staff will check they are used within the required time. (eg 3 weeks).
- ✦ On arrival, all bottles and beakers are to be tagged with the child's name and placed in the kitchen.
- ✦ Bottles should be given at the times agreed with the parent bearing the child's immediate need in mind. The timing of feeds is to be agreed with the parent during daily handover discussions.
- ✦ Bottles are made with freshly boiled water and the temperature of the milk is to be checked by a member of staff before the bottle is given to the child unless the parent advises staff to offer a bottle cold.
- ✦ If milk is to be heated (carton or cow's milk), we will use a bottle warmer. If refused, the bottle will be offered to the baby again at 10-15-minute intervals. Bottles will be discarded after 2 hours. Bottles are never re-heated.
- ✦ In instances of ready - made milk, half of the carton can be used in the morning while the other half must be stored in the fridge, to be used in the afternoon.
- ✦ All opened cartons of milk must be discarded at the end of the day.
- ✦ Please remember to either premeasure or provide a tub of formula for staff to Measure.

Breast Milk:

- ✦ Breast milk can be frozen at home, but must come into the nursery defrosted, in a sterilised bottle, sealed pouch or container. It will then be stored in the fridge here at the

✦

nursery. The breast milk can be transferred from the container to the child's preferred drinking vessel and warmed in a jug of hot water if required.

- ✦ Staff will wear disposable gloves and an apron when transferring the milk, and wash hands immediately after handling the milk.
- ✦ The breast milk can be heated but must be consumed within 1hr of doing so or will be disposed of.
- ✦ Any unused breast milk must be sent home at the end of the nursery Day.
- ✦ Breast milk must not be re-frozen after being defrosted!

(See also Food Hygiene Policy and Food Hygiene Procedure)