

Food and Drink Policy

Mealtimes should be a happy, social occasion for children and staff alike. Positive interaction should be shared at these times and enjoyed. St Bernards is committed to offering children healthy, nutritious and balanced meals/snacks which meet individual needs and requirements.

All meals provided are based essential on the food group plate below to ensure that the children are enjoying a nutritious and balanced diet.



We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery.
- Menus will be planned in advance on a three-week rota and changed seasonally. They are based around the eat well plate and guidance from the DFE. Meals are devised reflecting cultural diversity and variation. These will be displayed for children and parents to view in areas of the setting, forwarded to parents via Family and available on our nursery website.
- We provide nutritious food at snack and mealtimes, avoiding large quantities of fat, sugar and salt.
- Menus will include servings of fruit and vegetables per day
- Fresh drinking water is available and accessible throughout the day by means of personal drinking bottles. The Little Wrigglers drinks are monitored and are readily available. Milk is served at snack times and all mealtimes.
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs from the completed application form prior to a child attending our setting.
- Staff will show sensitivity in catering for the children's specific diets and allergies.
- Allergens are highlighted on the menus.

- Meal and snack times will be organised so that they are social occasions in which children and staff both participate in small groups. The staff will enjoy the meal with the children to help educate and promote good eating habits. Table manners and table etiquette will be always encouraged.
- Staff will use meal and snack times to help children to develop independence through making choices, serving food/drink and learning the skills to feed themselves.
- If a child voices or shows distress over the meal provided, staff will use their professionalism to determine the cause of the discomfort and act appropriately maybe resulting in the meal being removed.
- Children will be allowed to enjoy their meal at their own pace and not within a timescale.
- Quantities offered will consider the ages of the children being catered for and their personal preferences. Extra servings will be available.
- We will promote positive attitudes to healthy eating through play opportunities and open discussions during the curriculum planning.
- The nursery will provide parents with daily written records of feeding routines for all children below the age of two.
- Supervision is paramount when eating/drinking is taking place to minimize any potential risk of choking.
- All staff preparing and handling food have been trained in and hold the relevant food-handling course. The local Environmental Health Officer inspects our preparation area on an annual basis.
- When celebrating children's birthdays or food is brought into nursery for festival celebrations at special occasions, we ask parents to bring in shop bought items which clearly display all the ingredients or home-made foods must be equipped with all ingredients so that staff are able to identify and monitor contents of products entering the nursery due to allergies that may be present.

Parents receiving FEEE have the choice to provide a packed lunch if preferred and charges for food will be omitted from invoices. The nursery reserves the right to provide parents with a strict policy relating to the food provided by parents/carers. The policy needs to be followed to the letter to ensure allergens, allergies, healthy eating and food standard safety legislation is followed. FAILURE to follow the policy will result in all food not being accepted into the setting and parents having to provide an alternative for the session. Nursery will not provide meals on an adhoc basis due to the purchasing of ingredients and food preparation.

Food Provision and our Policy for Healthy Eating and Good Nutrition is coordinated by Stephanie Alexander