

Healthy eating Policy



Tiddlers Nursery regards mealtimes as an important part of daily nursery life. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times we aim to provide healthy and nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Ofsted's Eat better, start better guidance for under 5's.

Healthy Eating and Drinking

When a child is registered to attend the Nursery we will find out from parents through completion of the Registration Form, what their child's dietary needs are. This includes any known allergies.

We discreetly display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them (staff notice board).

The Nursery implement systems to ensure that children receive only food and drink, which is consistent with their dietary needs and their parents' wishes.

The Nursery also tries to include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

Through discussion with parents and research by staff, we obtain information about the dietary rules of religious groups to which children and their parents belong and those of vegetarians, vegans, and food allergies. We take account of this information in the provision of food and drinks.

We require staff to show sensitivity in providing for children's diets and allergies. The staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of his/her diet or allergy.

We organise snack times to be social occasions in which children and staff participate.

We use a snack bar scheme to help children to develop independence through making choices, serving food and drink and feeding themselves.

We have fresh drinking water constantly available for the children in the form of water bottles or cups and small jugs. When children are of an appropriate age and stage of development, we inform them about how to obtain the water and then support them to access it independently throughout the session.

We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.

We provide whole, pasteurised milk.

Cooking

When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

Food Hygiene

All members of staff hold minimum of a Level 2 certificate in food hygiene and all are responsible for maintaining the high standards expected.

We recognise the importance of good hygiene in relation to food and are also aware that the Nursery must inform Ofsted of any outbreak of food poisoning affecting two or more children looked after on the premises. This notification is the responsibility of the Nursery Leader at that time and must be done within 14 days of the outbreak.

Date:

Signed on behalf of the nursery by:

The date for review: