

Healthy Eating

Our Nursery is committed to providing healthy, nutritious and tasty food and drinks for children during the day. All staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

When preparing food and drink, staff will be mindful of the provisions Health and Safety policy.

Staff hold Food Handling certificates and are fully trained in food storage, preparation, cooking and food safety.

Parents and carers are required to complete the registration form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

Healthy Eating

The staff at the Nursery will make every effort to promote healthy eating and will lead by example.

- Staff will discuss with children the importance of a balanced diet where appropriate
- Children will be involved in the planning of menus
- The Nursery will ensure that snack time incorporates plenty of fruit, low fat and low sugar food
- Meat, vegetarian and vegan options will be available
- Good quality brown and white bread will be offered
- The Nursery will not regularly provide sweets for children
- Excessive amounts of fatty or sugary foods will be avoided
- The Nursery will provide milk or water for the children to drink
- Fresh drinking water will be available at all times
- Particular dietary requirements will be met by embracing medical, cultural and religious needs
- Children will be introduced to different religious and cultural festivals and events through different types of food and drink
- Children will eat food in a smoke free environment at all times.