



LADYBIRDS
NURSERY

Food and Drink







Promoting Health and Safety
















Ladybirds regard snack and meal times as important part of the nursery's day. Eating represents a social time for the children and adults and helps children to learn about healthy eating. At snack and meal times we aim to provide nutritious food which meets the children's individual needs.

We update our menus twice a year, we have a Summer menu and a Winter menu, and rotate the menus on a three week basis. We offer vegetarian and halal options. We will cater for any child with an allergy.

Procedures

We follow these procedures to promote healthy eating in our nursery.

-  During the settling in procedures for new children, we will sit down with parents to discuss their child's dietary needs and preferences including any allergies.
-  We record this information about children's dietary needs in their own individual notes, and parents sign to say the information is correct.
-  These records are updated as the children move around each room in the nursery, or sooner if required.
-  We display a full menu of all meals and snacks for the information of parents/carers.
-  We include a variety of foods from the five main food groups. Grain, Fruit and Veg, dairy, meat and protein, fats oils and sweets.
-  Grain - we should eat this food group most often. It includes healthy foods like cereal, rice and pasta. Bread provides us with carbohydrates which gives us energy.

-  Fruit and Veg - these give us fibre and important vitamins and minerals.
-  Dairy - the best source of calcium which we need for strong bones.
-  Meat and Protein - this group includes poultry, fish, meat, dry beans, eggs and nuts. These foods give us proteins, iron and zinc.
-  Fats, oils and sweets - these provide hardly any nutrition for the body so we try to have very little of this food group.
-  We take care not to provide food containing nuts, or nut products and are especially vigilant in checking products where we have a child who has a known nut allergy.
-  Staff show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make them feel singled out.
-  We organise meals and snack times to be social occasions.
-  We have celebration days where we celebrate various different cultures and religious festivals. On these occasions we have cultural food for the children to taste.
-  We use meal and snack times to help the children to develop independence through making choices, serving food and drink themselves.
-  We provide children with utensils that are appropriate to their ages and stages of development.
-  We have fresh drinking water available at all times.
-  We provide whole milk for the children. We do provide an alternative milk for those children who cannot tolerate whole milk.
-  All the parents are provided with a diary sheet daily, this details what the children have been offered to eat and drink, and how much the children have had.
-  We do not allow children to bringing food in from home as there may be products contained in the food that some children are not allowed. The exception to this are party days, and food tasting days, on these occasions we seek permission from parents to allow children to eat food prepared by other parents.
-  We take into consideration children with specific allergies, we supply any particular foods that the children may require.



A list of children's individual requirements is available for all the staff to see, both in their individual rooms, and in the kitchen.



We understand the need for vigilance where allergens are concerned, and display a list for each meal of the allergens in the meal.

Policy Issued January 2016

Date to be Reviewed January 2017

Date Reviewed May 2018

Date to be reviewed May 2019

Date Reviewed April 2019

Date to be Reviewed April 2010

Date Reviewed

The policy will be reviewed sooner than the review date should any new information be obtained.