



## **Dorothy Gardner Centre**

## **Mary Paterson Nursery School**

## **Queens Park Children's Centre**

# **Food Policy**

### **Aims**

To ensure that all aspects of food and nutrition across each setting promotes health and well-being of pupils, staff and visitors. We aim for children to learn life-long skills in healthy eating as part of a healthy lifestyle and to ensure parents are involved wherever possible. We believe that it is important for families to understand the impact of nutrition on health, concentration, energy levels and positive self-image.

### **Objectives**

- Reduce obesity and promote well-being for children under 5.
- To create an environment where eating food and mealtimes are a pleasurable experience.
- To encourage children to independently make healthy choices.
- To provide rich and meaningful experiences for children to develop their knowledge and understanding of food and where it comes from.
- To ensure all snacks and food provided will be nutritious, healthy balanced and tasty which takes into account other faiths and cultures and medical requirements.
  - Ensure snacks and food are provided, and takes into account other faiths and cultures, medical requirements and potential allergic reactions.
- To develop knowledge and understanding of food hygiene and safety issues.
- To ensure children have continuous access to water throughout the day.

At Dorothy Gardner Centre all the meals are cooked on the premises from scratch using fresh seasonal ingredients daily. We ensure a range of foods provided for the children meets the School Food Standards for Early Years and individual needs whether this is a medical, dietary need or stage of development. Pork and nuts are not part of our menu planning. All food is compliant with Halal food products. The menu follows a 3 weekly cycle and changed half termly.



At Mary Paterson Nursery School children who stay for lunch are required to bring their own packed lunch. We do not have the facilities to heat up food for children. Parents who want to provide their child with a hot lunch buy a wide mouthed flask, If your child has a full time place or when they take up their full day you will need to provide them with a packed lunch.

Please provide a healthy lunch that could include:

- Starchy foods like bread, rice or pasta
- Protein foods like meat, fish, eggs, cheese, tofu, Hummus
- Dairy item like natural yogurt
- Vegetables or salad and a portion of fruit

Please do not include biscuits, cakes, sugary snacks or sugary yogurt products, Petit Filous or crisps.

Children drink water at lunch time which the nursery provides.

If your child is entitled to Free School Meals these will be provided by the nursery.

### **The role of the adult**

- Staff eating with the children have a responsibility to model appropriate behaviour at lunch time. This includes modelling the use of correct eating utensils while eating
- Staff model good standards of hygiene.
- Staff will refrain from eating and drinking inappropriate foods or drinks e.g. fizzy drinks, cakes, sweets, etc, in the presence of the children either in the nursery or on trips/outings.
- Cooking is part of the curriculum, staff preparing for a cooking activity use ingredients which are healthy and nutritious.

### **Learning and development**

There are planned opportunities for children to learn and understand about the source of their food through – growing food, shopping trips, visits, role play scenarios and Forest School sessions.

Regular cooking activities take place involving children and parents. Dad's cooking sessions are run by a member of staff.



The mud kitchen encourages children's imaginative play and language development. Children are taught about good hygiene practices including hand washing before and after handling or eating food, going to the toilet or playing outside.

The children's language development is supported at meal times by conversation, Makaton sign language and visual prompts.

Meal times are used as an opportunity to support children's use of cutlery and meal time etiquette, taking into account cultural needs.

## **Healthy snacks**

Routines do not override children's natural development to socialise and play. Children are encouraged to have a drink or something to eat when they feel hungry or thirsty rather than at a specific time chosen by an adult. Children need long periods of uninterrupted play therefore children's play is not stopped for snack time.

## **2-Rising 5's**

A range of foods are provided to encourage children to make healthy choices and introduce children to a variety of new tastes.

Snacks are healthy and all fruit and vegetables are cut into child sized portions. Bread sticks, pita bread, crackers, rice cakes, crumpets, toast will be offered. Water/Milk and milk substitutes will be available daily. Parents are encouraged to bring in healthy snacks for children attending the nursery and children's centre.

## **Special Occasions**

We celebrate children's birthdays at Mary Paterson, Dorothy Gardner and Queens Park Children's Centre. Parents are invited to bring in fruit to share. Cakes, sweets and goody bags are not allowed.



Community celebrations will aim to promote healthy eating however we will be sensitive to the individual needs of our families.

## **Safeguarding**

Staff remain vigilant for any children who appear hungry, are overeating, or if they suspect a child of having a poor diet. Concerns are raised following the procedures set out in our child protection and safeguarding policy.

Health and Safety Children are supervised when they are eating or cooking. Food is cut into the appropriate shape to avoid choking. Children are taught about safety when cooking both indoors and outdoors. Children use sharp knives under adult supervision.

Often children have severe allergies and we ask you not to put any nut products into your child's packed lunch.

This includes NUTELLA, TRACKER BARS, BREAKFAST BARS, FRUIT AND NUT BARS, NUTS AND RAISINS, and PEANUT BUTTER.

Any one of these products could provoke an anaphylactic shock in the children with allergies and this could be life threatening.

Approved by the FGB – September 2018

Next review date: September 2020