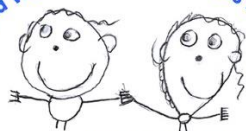


Atherstone Nursery School
and Warwickshire Early Years Hub



'Bright Start, Bright Future'
'Chances to explore, discover and grow'

Bedworth Heath Nursery School
and Warwickshire Early Years Hub



'You make the difference,
today, tomorrow, together'

Atherstone & Bedworth Heath Maintained Nursery Schools and Warwickshire Early Years Hub

Food & Drink Policy

ate initial Policy Written	January 2009		
Approved by Governors			
Revision Due: March 2020	Date:	Head teacher	Chair of Governors
	March 2020	Nicci Burton	D Wainwright
Revision Due: December 2020	Date: December 2020	Head Teacher Nicci Burton	Governing Body Representative Jo Vallis
Revision Due: December 2021	Date: December 2021	Head Teacher Nicci Burton	Governing Body Representative Jo Vallis
Revision Due: April 2023	Date: April 2023	Head Teacher Nicci Burton	Governing Body Representative Jo Vallis
Revision Due: April 2024	Date: April 2024	Head Teacher Nicci Burton	Governing Body Representative Jo Vallis
Revision Due: December 2024	Date: December 2024	Head Teacher Nicci Burton	Governing Body Representative Jo Vallis

FOOD & DRINK POLICY

1. Statement of Intent

This setting regards snack & mealtimes as an important part of the setting's day. Eating represents a social time for children & adults and helps children to learn about healthy eating, nutrition, and oral hygiene. The Early Years Foundation Stage (2024) places no distinction between care and learning, identifying that all aspects of a child's day should be carefully planned for and learning opportunities maximised throughout both care and learning routines. Our intent is that children learn from an early age about ways to live a healthy lifestyle, why good nutrition is important and how to make healthy choices. We want children to understand why exercise and a balanced diet are key for a healthy future.

2. Aim

At snack & mealtimes, we aim to provide a balance of nutritious food, which meets the children's individual dietary needs and promotes positive attitudes towards healthy eating.

3. Methods

- ❖ before a child starts to attend the setting, we find out from parents/carers their children's dietary needs and preferences, including any allergies.
- ❖ we record information about each child's dietary needs during the virtual home visit process and stay and play session and record this.
- ❖ we ask parents/carers to ensure that our records of their children's dietary needs – including any allergies – are up to date.
- ❖ we display current information about individual children's dietary needs in the setting so that all staff and volunteers are fully informed about them. They are displayed following GDPR Policy.
- ❖ we implement systems to ensure that children receive only food & drink that is consistent with their dietary needs and preferences as well as their parents'/carers' wishes.
- ❖ we provide nutritious food at all meals and snacks, avoiding large quantities of saturated fat, sugar & salt, artificial additives, preservatives, and colourings.
- ❖ we include foods from the diet of each of their children's cultural backgrounds, providing children with familiar foods & introducing them to new ones.
- ❖ we take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts or other known allergens.
- ❖ through discussion with parents/carers & research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong and of vegetarians and vegans and about food allergies. We take account of this information in the provision of food & drinks.
- ❖ we require staff to 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 a child feel singled out because of his/her diet or allergy.
- ❖ we organise meal & snack times so that they are social occasions in which children and staff participate.
- ❖ we use meal & snack times to help children to develop independence through making choices, serving food & drink, and feeding themselves.
- ❖ we provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- ❖ we have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day, communicating their needs through speech/symbols/signing.
- ❖ we inform parents/carers who provide food for their children about the storage facilities available in the setting.
- ❖ we give parents/carers who provide food for their children information about suitable containers for food for example a flask to keep a lunch warm.
- ❖ in order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

4. Packed Lunch

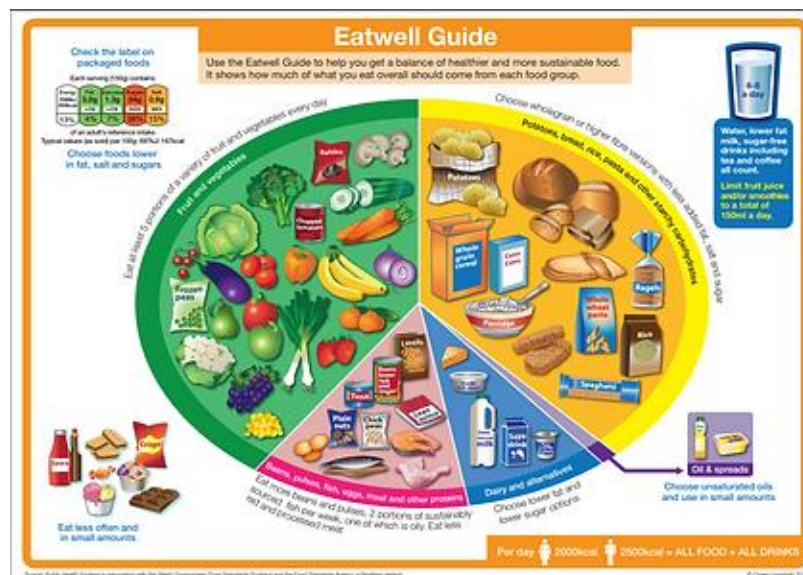
Children attending lunch club are required to bring packed lunches, we want parents/carers to be aware of the following facts:

- From the NHS eat well link on the nursery website, it states 'Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).
- There is no guideline limit for children under the age of 4, but it is recommended they avoid sugar-sweetened drinks and food with sugar added to it.
- As a guide males aged 3 require 1171 kcals a day, females aged 3 require 1076 kcals per day on average. 2-year-olds a little less and 4-year-olds a little more.
- We wish to share the following information with parents and carers so they can make healthy informed choices when preparing their child's packed lunches:
- Make parents/carers aware of the quantity of food their child has eaten by returning uneaten items.
- We encourage parents/carers to provide a healthy lunch. For this reason, we discourage packed lunch contents that consist of ultra processed foods such as pasties and sausage rolls, packaged meat products such as fridge raiders that have a high sodium content, crisps, sweet drinks, and sweet products such as cakes or biscuits, chocolate desserts or large corner yogurts. The ideal dessert size is the small petit filous sized yogurt or the frube sized tubes- around 50g is ideal. Other healthy options would be products to include the daily recommendations of 15g of fibre per day for 2-3-year-olds- suggestions for fibre content are fruits, veg, cereals, breads/grains, and pasta. These could form the main food item in the lunchbox such as to provide sandwiches/wraps with a healthy filling, pasta salads, fruit and milk-based desserts such as yoghurt. We discourage sweet drinks and can provide the children with water.
- We ensure staff sit with children to eat their lunch so that mealtimes are a social occasion.
- We have healthy eating guidance leaflets displayed on our website on the information tab as well as in this policy. See below.

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Public Health England publish the following information about what we need for a healthy balanced diet. For more information on how to use the Eat Well Guide please follow the link to Public Health here:

https://www.bedworthheathnurseryschool.com/files/ugd/f33174_27fec68a8ccd49218e3faa19b1aac421.pdf



5) Free fruit, vegetables, milk, and vitamins from Healthy Start

What is Healthy Start?

If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you are eligible, you will be sent a Healthy Start card with money on it that you can use in some UK shops. They will add your benefit onto this card every 4 weeks. All children can get free vitamins if they are under 4. To apply for the scheme please follow this link:

<https://www.healthystart.nhs.uk/>

6) Hydration recommendations

80% of hydration in Early Years should come from drinks and 20% from food such as fruit and vegetables and dairy.

For children to avoid constipation, it is recommended drinking 6-8 glasses of water a day. Or for 2-3-year-olds 1.3 litres per day and for 4-8-year-olds a total of 1.6 litres per day.

Dehydration can affect children very quickly if unwell for example with a sickness bug or being in the sun for too long.

Signs of dehydration in children can include:	Go to your GP or A&E if a child:
<ul style="list-style-type: none"> • Dark yellow and strong smelling urine • Dry mouth, lips and eyes • Feeling dizzy or lightheaded • Feeling tired • Peeing little and less than 4 times day / fewer wet nappies than usual 	<ul style="list-style-type: none"> • Breathes fast • Is drowsy • Has a dry mouth • Has a soft spot on the top of their head that sinks inwards (sunken fontanelle) • Has cold and blotchy-looking hands and feet • Has dark yellow wee • Has few or no tears when they cry

7) **Birthdays**

We advise parents/carers that no home prepared food items, such as cakes, can be shared at Nursery due to meeting the requirements of children with specific allergies. Parents/carers can choose to bring a pack of individual wrapped sweets such as Haribo that the children can give out to their friends at the end of nursery session on their birthday. Please do NOT send lollipops as they are a choking/ injury risk. We do have a stock of vegetarian gluten free, non-dairy items on site for those children who have allergies.

8) **Events**

We advise parents/carers that no homemade foods can be shared at events, for example, Macmillan coffee mornings due to meeting the requirements of children with specific allergies.