**Denton Community Primary School Nursery food policy**

**General information**

**Name of setting: Denton Community Primary School Nursery**

**Name of staff member responsible for food policy: Emma Dicksee**

**Date of policy implementation: March 2018**

**Section 1**

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| Overall aim of the policy*We aim to promote and improve the health and wellbeing of all children in the setting through the provision of healthy snack options, through the eating and cooking healthy meals and through the establishment of good routines in terms of health and hygiene.*  |
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| Mission statement/rationale*We believe that in order for children to thrive emotionally, physically, academically and socially, they need to be well nourished and healthy. We believe that an environment, relationships and resources which promote a healthy lifestyle are fundamental to achieving this.* |
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| Development and implementation of the food policy*We have conducted primary research about our children’s lifestyles, choices and engagement with services such as dentistry. We have conducted primary research with Parents about issues they feel important such as sugar in their child’s diet. Our food policy is based around the responses to parental surveys and to wider research about child health. We have used the East Sussex health data to define our approach and prioritise our actions.* |
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| When and who the policy applies to* *This policy covers snacks and drinks served by us in the setting, packed lunches brought in from home.*
* *It applies to all staff in the setting and Parents providing lunches*
* *The policy will be sent home to parents via e-mail or paper copy. It will also be available on the Sea-Lions Class page on the website.*
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**Section 2**

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| Food and drink provision* *Children have access to free fresh drinking water at all times in both the indoor environment and playground.*
* *The children are provided with a range of fruit and vegetable choices each day. They have milk and water available throughout the day. A carbohydrate snack such as bread sticks, rice cakes and oat cakes is also offered each day.*
* *A snack table offering fruit, vegetables, milk and water is open daily from 9:15am each day. Additional carbohydrate snack is provided in the middle of each session for all Nursery children.*
* *Children who stay all day bring a packed lunch. This is juice free. Water jugs and milk are provided for them. Children are served their savoury food on a plate and are taught to eat this first. The room in which they eat has displays championing Healthy food choices.*
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| Communicating with children and families*Children’s likes and dislikes, allergies and dietary needs are discussed in depth at the Home Visit. Staff ensure that the environment is nut free. Allergies are listed in prominent places. Parents receive a termly “Healthy for life “newsletter which includes advice about sugar reduction, healthy lunchboxes and snack swaps. Family cooking sessions are offered in the summer term. A selection of “Healthy Grab Bags” are available for families to borrow at the weekends. These promote Healthy Eating and understanding about food.*  |
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| The eating environment and social aspects of meal times*A visual timetable for lunchtime is used. All children begin by washing their hands and they understand the reason for this. Lunch tables are laid with tablecloths and plates. The children’s savoury options are put on their plates and they are encouraged to eat these items first. Children are sat in social groups around the tables and good table manners are encouraged and modelled by staff. Children have classical background music whilst eating. They are given ample time to finish their meal.* *The lunch area also has a display that promotes healthy food choices and celebrates the children trying new foods.*  |
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| Celebrations and special occasions*Wherever possible we include food in our curriculum. This may be baking our own bread like the Little Red hen, making Indian raita for Diwali or growing and harvesting our own beans after reading Jasper’s Beanstalk. When we have a celebration food is prepared with the children and healthy food choices are reinforced. We talk about the fact that food is often the focal point of a celebration. We use food as a way to explore cultural diversity.* |
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| Providing food for all*We provide food that is suitable for every child, following a discussion with the Parent/carer on the home visit. Children with additional needs have a bespoke snack time which is manged separately in order to manage differences in diet, eating habits and toileting needs.* |
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| Encouraging fussy eaters to eat well*Fussy eating and fear of new foods are part of development affecting 10-20% of young children. We are committed to encouraging children to try new foods. We find if children are actively involved in preparing food they will often eat it. We try to introduce new foods alongside peers and often with a story or cultural reference. We work with families 1:1 so that all children bring healthy food in from home. A daily snack menu is displayed and Parents/carers have the opportunity to discuss this and offer feedback.* |
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| Food brought in from home*It is important that food brought in from home meets the criteria of providing children with a nutritious and balanced meal. Examples of Healthy lunchboxes will be shared with parents via the “Healthy for life” newsletter and discussions about healthy eating and food from home will form part of the Parent Consultations and Home Visits.*  |
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| Learning about and through food*Learning about food is part of our Early Years Foundation Stage curriculum. Our children are involved in growing and harvesting their own vegetables, making their own food and looking health and hygiene related to food. We plan a series of activities each term which incorporate the prime areas Health and Self Care and Self-Confidence and Self-Awareness. Parents and Carers are given a curriculum letter outlining these each term.* |
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| Cooking with children*Cooking with children is an enjoyable activity and an effective way to encourage all children to try and eat a wide range of foods. We aim to cook with the children once per term. In addition they may be involved in preparing the healthy snack. In addition, we are now offering Family cooking sessions so that children have the opportunity to cook alongside their parents/carers.All members of staff who cook with children are Level 2 Food Hygiene qualified.*  |
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| Food safety and hygiene*In Early Years settings, it is important that food is stored, prepared and presented in a safe and hygienic environment and children are taught basic hygiene. Food only tablecloths are used to cover tables when children eat. These are disinfected after each use. Children’s food is presented on plates which are washed after use and stored away. Children are supervised in the washing and drying of their hands prior to eating. Air tight Lunch boxes are stored on a trolley and parents are encouraged to use an insulated variety wherever possible. Staff handle children’s food with disposable gloves on and wearing disposable aprons.*  |
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| Protecting children’s health *Everyone working in our setting has a responsibility to protect children’s health including helping children to maintain a healthy weight as they grow, and good dental practices. We will be offering Parents and Carers bespoke advice through Home Visits and Parent Consultations. Our termly newsletter “Healthy For Life” will give more general advice about keeping physically active and eating a healthy diet. Our “Healthy Grab Bags” will be sent home with children each weekend. These include a range of activities and resources aimed at getting the whole family active. We are also building a relationship with a local dentist and we are encouraging Parents and Carers to build on this relationship by taking their children for a regular check-up. Establishing whether children are registered with a dentist will be part of the Home visit questionnaire. Families of children who are not currently registered will be encouraged to do so.* |
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| Evaluation and review of the setting’s approach to food and drink provision* *This policy will be reviewed annually*
* *All staff will be retained in Food Hygiene biannually*
* *Snack Menu’s will be planned in accordance with the Chilren’s Food Trust advice*
* *Snack menus will be reviewed termly*
* *Parents will be consulted about provision every 6 months. A parental survey will be conducted annually.*
* *Parents will be given a termly “Healthy for Life “ Newsletter which will contain advice, recipes and signposting to local and national services and sources of information*
* *Lunch provision will be reviewed termly iand parents will be surveyed about the possibility of offering a hot meal through the School Meals Provider,Chartwells.*
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**Date for policy review: March 2019**

**Signed: …………………….**

**Dated: February 28th 2018**