



St.Werburgh's Park Nursery School

Food Policy



Food Policy

Policy Context:

Healthy eating is essential for families. The school provides a range of activities to improve families' diets.

Snack times are regarded as an important part of the school's activities. These times represent a social time for children and adults as well as helping children to learn about healthy eating and to copy good habits from staff and parents.

St Werburgh's Park Nursery aims to encourage staff, parents/carers and children to enjoy healthier meals and snacks through a variety of food related activities and events.

Healthy eating and physical activity are essential for proper growth and development in childhood. Healthy eating for children can be achieved by eating regular meals, breakfast, lunch and dinner complemented by healthy snacks, and by offering a variety of foods to achieve a balanced diet. It is recognised that exposing children to food and healthier eating patterns will promote a positive attitude to food from an early age and help to prevent fussy eating.

Policy Links and further information

This policy supports the Food Standards Agency 'Safer Food, Better Business' toolkit, available at www.food.gov.uk/multimedia/pdfs/sfbbfullpack.pdf. The school has a copy of this toolkit. It is free and can be requested at the link above.

Aim

We aim to provide safe healthy, nutritious food, which meets the children's developmental needs and is sensitive to different cultural and health needs of individual children and families. St.Werburgh's Park Nursery aims to teach parents basic cooking skills where needed. We will always aim to work with children, parents and carers using the school in developing and reviewing our policies to ensure that they address local needs and are clear and simple to understand.

Methods

We provide a variety of nutritious snacks. We aim to avoid foods which contain large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings but are aware of the specific nutritional needs of different aged infants and toddlers.

We organise snack times so that they are social occasions in which all children can participate.

We use snack times to help children when age appropriate to develop independence through feeding themselves and drinking independently.

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.

Buying Food

Food supplies are always bought from reputable suppliers (e.g. trusted supermarket).

Care is taken when buying perishable food to ensure it is well within date and has been stored appropriately.

For further guidance, please see 'Safer Food, Better Business' ([link above](#)).

Cultural and Religious Practices

Whenever possible St Werburgh's Park Nursery will include foods which are representative of the families' cultural backgrounds, providing children with familiar foods and introducing them to new ones.

We also consider those families who choose to restrict certain foods such as vegetarians and vegans. We take account of this information in the provision of food and drinks. Where parents or carers have concerns about any aspect of food provision or preparation, they are welcome to discuss these with a member of staff and wherever possible we will work with them to make alternative arrangements.

Allergies

A food allergy is a rapid and potentially serious response to a food by your immune system. It can trigger classic allergy symptoms such as a rash, wheezing and itching.

The most common food allergies among adults are fish and shellfish and nuts, including peanuts, walnuts, hazelnuts and brazil nuts. Children often have allergies to milk and eggs as well as to peanuts, other nuts and fish.

We will ensure we have an adequate management plan in place to deal with any child who has a known allergy. In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

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. Whole nuts must not be given to the under 5s as there is risk of choking. We require staff to show sensitivity in providing for both children's diets and allergies.

Food intolerance

A food intolerance is not the same as a food allergy.

Children with food intolerance may have symptoms such as diarrhoea, bloating and stomach cramps. This may be caused by difficulties digesting certain substances, such as lactose. However, no allergic reaction takes place.

Important differences between a food allergy and a food intolerance include:

- The symptoms of a food intolerance usually occur several hours after eating the food.
- You need to eat a larger amount of food to trigger an intolerance than an allergy.
- A food intolerance is never life-threatening, unlike an allergy.

With the autoimmune condition coeliac disease, gluten must be avoided at all times.

We will ensure we have an adequate management plan in place to deal with any child who has a known food intolerance and/or the autoimmune condition coeliac disease. In addition, In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

Drinks

We have fresh drinking water constantly available for children and adults, they are able to ask for water at any time during the day. For children who drink milk, we provide whole pasteurised milk (for children under the age of 2) and either semi-skimmed or whole milk for children aged between 2 and 4 years according to the preferences of the child or their parents/carers. Children under 5 should not be given skimmed milk.

Packed lunches:

For families providing packed lunches we will:

- Inform parents of our recommendations regarding healthy eating

- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or fromage frais.
- Encourage parents to include an ice pack to keep foods cool.
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits
- Discourage fizzy drinks, diluted squash drinks and flavoured waters and can provide children with water.

Curriculum

Food is an important part of the curriculum at St. Weburgh's Park Nursery School. Cooking and preparing food is regularly planned for in every classroom.

Activities

The school has it's own vegetable garden where children can grow their own fruit and vegetables. This develops skills and provides practical experience, giving access to fresh healthy food, and the opportunity to spend time outdoors and be active. Research shows that more than 96 per cent of children are not eating enough fruit and vegetables and that children in schools which grow food eat more than one and a half more of their five-a-day than other children

Celebrations and Festivals

It is very important that children and families feel they belong and are welcome here and one of the best ways to achieve this is to make them feel valued. We do this by celebrating festivals and events which usually involves sharing food brought in from family homes. At these times notices are put up asking parents to let us know if they do not want their child eating food prepared in someone else's kitchen.

Training

Appropriate members of staff have been awarded food handling certificates and training needs are reviewed on a regular basis.

Food handling and Preparation

St.Werburghs Park Nursery is registered with Bristol City Council for food handling under the Food Hygiene (England) Regulations 2006.

Policy Implementation

The Head Teacher is responsible for the implemenatation of this policy and conducting regular reviews.

All staff are made aware of this policy as part of their induction, reviews and training.