



Thornhill Nursery Food and Drink Policy

Thornhill Nursery regards snack times as an important part of the setting's session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs.

Staff members are responsible for food and hygiene and are competent to carry out these responsibilities.

- Before a child starts to attend the setting, we find out from parents their child's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct. A copy of all dietary requirements and food allergies is displayed in the snack and the nursery kitchen.
- We regularly consult with parents and staff to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We plan cookery in advance, often involving children in the planning.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We buy our food weekly from local supermarkets.
- Most snacks are prepared in the Nursery area by a member of staff. Occasionally they are prepared in the main school kitchen by the head cook.
- We refrain from using peanuts or nut products within the nursery due to allergies. Thornhill Nursery staff are especially vigilant when a child is known to have an allergy to nuts.
- 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 her/his diet or allergy.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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.

- For children who drink milk, we provide semi-skimmed pasteurised milk. If a child is lactose intolerant parents or carers are welcome to bring their own milk into nursery and it will be stored in the nursery fridge.
- A member of nursery staff will be present and/or sit with children to eat their snack so that the snack time is a social occasion.

Policy Date: January 2019

Review Date: January 2022