

# **FAIRFIELD NURSERY SCHOOL**

## **Food and Drink Policy**

**March 2024**



## **Fairfield Nursery School Food and Drink Policy**

At Fairfield Nursery School, we regard snack and lunch times as an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. To help us comply with government initiatives and for the general well-being of the children, we adhere to the following guidelines:

- At snack time, we aim to provide healthy and nutritious foods which meet the children's individual dietary needs.
  
- For those children staying for lunch it is expected that they bring a balanced packed lunch with them.

### **Procedures**

- Before a child starts Fairfield Nursery School, we find out from parents their children's dietary needs and preferences, including any allergies. This is documented at the home visit and on the Pen Portrait
- If a child has dietary needs this is recorded and parents sign the record to signify that it is correct.
- The key worker checks in with parents to ensure that any changes to dietary or allergies are up to date. Parents are responsible for informing school of any changes
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- 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 provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 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.
- We don't give children under 5 small, round food items. Just because it is food doesn't mean it is safe. Small round food items such as Grapes, blueberries and similar are just the right size and consistency to perfectly block the airway because of their cylindrical shape, stopping any air getting through. These types of food must be chopped lengthways or into quarters.
- Through discussion with parents and 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 and 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 her/his diet or allergy.
- We organise snack and lunch times so they are special occasions in which children and staff participate
- We use snack times to help children develop independence through making choices, serving food and drink and feeding themselves
- milk and water are provided for the children from their arrival at nursery.
- Children are encouraged to try new snacks and talk about what they like.
- Snacks comprise of foods such as, bananas apples, grapes, carrots and peppers. All snacks are vegetarian. We do not allow snacks to be brought from home.
- Children are encouraged and supported to wash their hands before having their snack and practitioners explain to children the importance of hygiene.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another

## **Lunchtime**

We ask parents to provide a healthy balanced lunch for their children.

We suggest:

- Sandwiches – small with children's favourite fillings
- Yoghurts
- Savoury snacks
- Fresh fruit/vegetables
- Other suggestions: dried fruit, cold meats, pasta or rice salads, raw vegetables with dips, jellies

Please, NO NUTS of any kind!

If we have a child with a severe allergy; food items may be restricted.

## **Food Allergies/Anaphylaxis**

(Anaphylaxis is a severe, allergic reaction that can affect many of the systems of the body, including airways, breathing, circulation of the blood).

In the event of a child having an allergic reaction to food whether it be a rash or more severe, the child's parents would be contacted immediately and in the severe case an ambulance will be called. All practitioners hold paediatric First Aid and undertake training every three years.

In the event of a child having an allergic reaction parents need to provide nursery with medication their child may have been prescribed (all medications must be prescribed by a doctor), parents must then complete the relevant medicine forms and Health care plan. In the event of practitioners needing to

administer any other medications i.e. EpiPen practitioners will receive the appropriate training from a health care professional.