

Healthy Eating (Food and Drink) Policy

We work within the Statutory Framework for the Early Years Foundation Stage (EYFS), published by the Department for Education (DfE) in March 2021, effective from September 2021

Under EC Regulations 852/2004 Article 6, we are registered with Environmental Health and Trading Standards as food is occasionally cooked on the premises.

Merry go Round Day Nursery makes sure that children are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious and complies with dietary and religious requirements. Allergy lists are held, displaying clearly all children who are allergic or intolerant to food/drinks. All staff are allergy aware and take every precaution to ensure children do not come into contact with allergens. We encourage healthy eating and a healthy lifestyle by providing advice and information should parents/carers need this. We can also signpost parents to a Health visitor or local Children Centre for additional information.

Links to:

Childcare Act 2006	Food Standards Agency – Allergy Awareness
Convention on the Rights of the Child, UNICEF 1992	Freedom of Information Act 2000
Data Protection Act 2018 (GDPR Policy)	Health Protection Agency Act 2004
Equality Act 2010	Health and Safety at Work Act 1974
Food Safety Act 1990	Public Health Act (Control of Disease)1984
Food Safety Regulations 1995	Public Health Act (Infectious Diseases) Regulations1988
Allergy Policy	

The sharing of refreshments can play an important part in the social life of the Nursery as well as reinforcing children's understanding of the importance of healthy eating. The Nursery will ensure that it fulfils all the requirements of the registering authority (Ofsted) and that:

Snugglers (Green Croft and Riverside settings)

- Before a child starts to attend the group, staff discuss with the parents the child's dietary needs, including any allergies, and make appropriate arrangements to meet their needs.
- All snacks provided will be nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Keyworker/Supervisor will discuss suitability of daily food items with parents/carers for babies moving on to solid foods.
- Keyworkers will feed babies/toddlers on a one-to-one basis and inform parents/carers of child's consumption.
- Keyworkers will talk to and encourage babies/toddlers to eat and try new foods.
- Keyworkers will serve all feeds at suitable temperatures and as requested by parent/carer.
- Parents/carers will prepare all foods in suitable manner (liquidised/cut up) as appropriate for child.

Milk Preparation options

- Milk formula must be prepared and measured out at home. The amount of scoops must be clearly written on the container.
- Parents are to bring in clean, empty bottles which will be made up using cooled, boiled water from the Pre machine and a pre-measured amount of formula will be added *OR* Parents to bring in sterilised bottles containing boiled water. A bottle warmer is used for a warmer temperature at parents request.

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- We support breastfeeding. Mothers who are breastfeeding can express milk into bottles and inform the Keyworker whether the milk is fresh or has been frozen. The setting will store breast milk in line with guidance obtained from the World Health Organisation.
- During settling in sessions, staff will discuss with parents/carers the child's individual feeding requirements. Keyworker will prepare milk feeds as requested by the parent/carer.
- All bottles/cups/prepared food must be labelled with the child/baby's name and handed to the Keyworker/Supervisor on arrival to be stored in the fridge or as necessary.
- All bottles/cups/utensils are washed appropriately.
- Staff will wash their hands thoroughly and wear aprons and gloves before preparing/handling any bottles/cups/food etc.
- Staff will wash babies/toddlers hands and faces before feeding and again after feeding.
- Babies' bibs are used each day and are washed and dried on the premises.
- All tables and chairs/low chairs with trays are cleaned before and after eating.
- A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods through 'cooking without cooking' activities.
- Milk and a healthy snack is provided for all children. Only water will be offered as an alternative to milk. Fruit squashes do not fall into the category of healthy eating therefore water is constantly available for children to drink unless parents provide an alternative in their own beaker.
- For children wanting to stay through lunchtime, parents/carers are asked to provide a healthy nutritional packed lunch. Ice packs are advised.
- We support breastfeeding. Mothers who breastfeed are encouraged to express milk for their child or come into the Infant/Toddler room to feed their child at their convenience. Privacy and comfort for both mother and child is respected.

Nursery (Green Croft and Riverside)

- Before a child starts to attend the group, staff discuss with the parents that child's dietary needs, including any allergies, and make appropriate arrangements to meet them.
- Children who arrive before 8.15 am are offered breakfast of selected cereals or toast.
- All snacks provided will be nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Key workers will inform parents/carers of child's consumption.
- Key workers will talk to and encourage children to eat and try new foods.
- Staff will wash their hands thoroughly and wear aprons before handling any food etc.
- Children will wash their hands before and after eating.
- All tables and chairs are cleaned with hot, soapy water before and after eating.
- A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods through 'cooking without cooking' activities.
- Milk and a healthy snack is provided for all children. Only water will be offered as an alternative to milk. Fruit squashes do not fall into the category of healthy eating therefore water is constantly available for children to drink. Children's bottles are named so that children can identify them as their own.
- For children wanting to stay through lunchtime, parents/carers are asked to provide a healthy nutritional packed lunch which does not include fizzy drinks. Ice packs are advised so that lunch is kept fresh and cool.

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- Temperature of food is checked.

Mealtime Aims

Meal times should be a happy, social occasion for staff and children alike.

Staff will attend to the children at the tables ensuring that these points are followed.

- Individual dietary requirements will be respected.
- Cultural differences in eating habits will be respected.
- Table manners will be modelled to children.
- Quiet conversation and peer interaction will be encouraged.
- Any child, who shows signs of distress with a meal they do not like, will have the food removed without fuss and parents/carers notified of the child's distress and dislikes.
- Children not on special diets will be encouraged to eat a small piece of everything.
- Children who refuse to eat at mealtime will be offered food later in the day.
- Children who are slow eaters will be given sufficient time, within reason, to finish their meal.
- Parents/carers are encouraged to provide their child with a nutritious, healthy lunch with a variety of food.

Providing Snack (not paying consumable fee)

Parents and carers can opt out of paying the consumable fee for Early Education Funding. By doing this, parents/ carers must provide their child with the correct snack each session, as depicted by the nursery. Parents/ carers will be given a chart showing the snack for each session, which is healthy and balanced. We pay close attention to any children attending who may have allergies/ intolerances. Due to storage, we are unable to take snack until it is required at snack time and parents/ carers must return to nursery with this.

No deviation is permitted from the listed snacks, unless due to allergies/ intolerance that must have been previously discussed with nursery staff.

Adoption Date: 1st September 2020.

Signed:

Nm Orel .

Annual Review

Reviewed 1st September 2021

Reviewed 1st September 2022

Reviewed 1st September 2023

Reviewed 1st September 2024

Amended 31st March 2025 to include Providing Snack

Next review 1st September 2025