



Food and Drinks Policy

We encourage children to learn about and follow healthy eating practices. We aim to provide food that is nutritious and healthy at every meal and to provide nutritionally balanced meals throughout the week. We work closely with parents and carers to meet their wishes and the needs of their children when providing snacks and meals.

Our guiding principles are as followed:

- The individual needs of children will be paramount when deciding on the provision of food and drinks
- Parents/carers will be asked to give information about their child's likes and dislikes and dietary needs when registering at the nursery.
- All staff will be made aware of any medical issues which might affect whether a child should be given certain foods and drinks
- Parents will be given regular information about nursery menus and the contents of snacks
- Menus will be planned to provide a healthy and balanced diet, to meet children's nutritional needs and to offer children opportunities to enjoy a wide range of fruits and vegetables
- Parents/carers will be given details of cooking activities and of the ingredients being used
- Staff will plan sessions to provide a variety of snacks and drinks
- No child will be required to eat a particular food or drink
- Water will be made available to children throughout daily sessions
- Staff will plan activities to promote an understanding of all aspects of healthy eating
- Staff will be encouraged to undertake training to improve understanding of hygiene, food preparation and healthy eating
- Procedures will be put into place to ensure food handling, storage and preparation meets all health and hygiene regulations
- Staff will plan activities to encourage children to eat independently and to express their thoughts and feelings about food and drink
- All children and families are welcome at nursery and staff will make every effort to understand and respect cultural, religious and other needs in relation to food and drinks
- The nursery will maintain a food management system to ensure all aspects of the delivery, storage and handling of food meets all health and hygiene regulations and is always of the highest standard.





Compton Valley Nursery and Pre-school Reviewed: April 2012