

# **Food and drink policy**

Ladybird Montessori regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Part of our Early years and OFSTED requirements are to encourage healthy, balanced and nutritious meals. In September 2015 we added "no sweets, crisps or chocolate to our packed lunch policy. The no nut and peanut butter policy remains due to some children being allergic to nuts.

## **Aim**

At snack and meal times, we aim to encourage healthy eating.

## **Methods**

Before a child starts at the Nursery we ask parents to complete our registration form, informing the nursery of any allergies and parents sign the record to signify that it is correct.

We ask parents to inform us of any changes to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.

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 which is consistent with their dietary needs and their parents' wishes.

Children bring a daily snack of fruit which is cut up and shared amongst the group. Fruit is washed and all chopping boards and utensils cleaned daily in hot soapy water.

Parents of a child with a severe food allergy are asked to provide a treats snack box to keep at nursery so they can join in with birthday celebrations and parties safely by eating food only provided from their home.

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 organize meal and snack times so that they are social occasions in which children and staff participate.

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/day. Children bring their own water bottles to nursery.

We inform parents who provide food for their children about the storage facilities available in the nursery.

We have rules about children sharing and swapping their food with one another in order to protect children with food allergies. For children who drink milk, we provide milk at snack time. Fridge temperature is kept at 5 degrees or below and milk is always checked before use.

If there is a problem with the temperature, milk will be discarded and person in charge informed.