

Food, Drink and Healthy Eating Policy

Statement of Intent

White Lodge nursery promotes healthy eating by strongly encouraging, where possible, a well-balanced and nutritious diet for all children attending the service. White Lodge believes that eating represents a social time for children and adults and aims to support all children to learn about healthy eating. We follow the advice of Food Standards Agency: [PowerPoint Presentation](#).

Aims

- Our aim is to meet dietary, medical and religious requirements in order to promote children's healthy growth and development.
- All meals and snacks provided by parents and carers should be healthy and nutritious and provide as many of the recommended 5 portions of fruit and vegetables as possible.
- Home-provided snacks are offered in the morning and afternoon. Due to the needs of some of our children we may offer crisps as the consistency is ideal for children with swallowing problems or restricted diets.
- We monitor and review our practice and policy and, if necessary, make amendments.
- Staff are encouraged to attend food hygiene training.

Methods

- Mealtimes are a social event where the sharing of refreshments can play an important part in the social life of the nursery.
- Children will be encouraged to make choices, drink and feed themselves where possible to help develop independence.
- We are aware that it is essential for children to have enough water at mealtimes to assist growth. Drinks, including milk, water and low sugar squash are available throughout the day. There is easy access to drinking water where children can help themselves or ask for help if required. On occasion, some drinks may be kept away for safety reasons.

Allergies

We operate an inclusive policy so that a child, no matter what their need, will be cared for within the setting.

During the Pre-entry meeting/home visit the parents' consent is required for lots of activities that will take place in the nursery on a day-to-day basis. We also ask if the child has or has ever had an allergy and ask for details.

If the child has a 'severe' allergy, then any reaction the child has is classed as 'severe' and they will be asked to provide written details.

The parent/carer will then need to provide us with a medical plan detailing the correct procedure should the child become inadvertently exposed.

When the child starts the nursery, all staff will be made aware of the child's allergy and the course of action to take if exposed to the allergen. Children's allergies can be found in the Medical Care Plans folder.