



Food and Drink Policy

Millfield regards snack and meal times as an important part of the nursery's day. Meal times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Eating represents a social time for children and adults and helps children to learn about healthy eating. We feel it is vital that young children have the opportunity to eat a healthy and well balanced diet. At snack time the children have fresh fruit slices with either whole pasteurised milk or water to drink. At meal times, we aim to provide nutritious food, which meets the children's individual dietary needs, and the full requirements of The EYFS Statutory Framework to promote the good health of children.

- When a child starts to attend the nursery, we find out from parents their children's dietary needs and preferences, including any allergies. We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff are fully informed about them and 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 have a three week rolling menu and we display this on the notice board for the information of parents. Parents also receive a copy of the menu in their parent information pack.
- We provide nutritious food at all meals and we include a variety of foods from the four main food groups:
 - ✓ Meat, fish and protein alternatives;
 - ✓ Dairy foods;
 - ✓ Grains, cereals and starch vegetables;
 - ✓ Fruit and vegetables.

We take care not to provide food containing nuts and are especially vigilant where we have a child who has a known allergy to nuts.

- We provide vegetarian alternatives for children who require them.
- We organise meal and snack times so that they are social occasions in which children and staff participate and we use these times to help children to develop independence through learning to use cutlery, and feeding themselves. Staff set a good example and eat with the children and show good table manners. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- If a child does not finish his/her first course, he/she will still be given one small helping of dessert.
- Children are given time to eat at their own pace and not rushed.

- Quantities offered take account of the ages of the children being catered.
- No child is ever left alone when eating/drinking to minimise the risk of choking.
- 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 day.
- The nursery cook is responsible for the planning of all menus, and for the hygiene of the kitchen area, including all environmental health regulations. All staff members hold the basic food hygiene certificate.
- Liz Miller is responsible for all food ordering, purchasing of fresh or frozen items and all hygiene products, as requested by the nursery cook and staff members. All our fresh meat is supplied by Clive Lancaster Butchers in Bingham who provide high quality produce all grown in our local area. All our fruit, vegetables and salad are supplied by Parsnips and Pears in Colton Bassett who grow or source everything locally. All other food products are delivered by Sainsbury's and Hygiene items are purchased from Notts County Council Supplies.

Policy Reviewed
October 2014