



Ollie's Trust

Nursery, Breakfast & After School Club

C/o Goosnargh Oliverson's CE Primary School, Goosnargh Lane, Goosnargh, Preston PR3 2BN
Telephone 01772 866415 between 7:45am and 6:00pm website : www.olliestrust.co.uk

Promoting health and hygiene

Food and Drink

Policy statement

Ollie's regard snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's and preferences, including any allergies. (see the Managing Children with Allergies policy).
- We ask for a separate allergy form to be completed on registration, and care plans are put in place for those with allergies.
- We record information about each child's dietary needs on the his/her Registration Form and parents sign the form to signify that it is correct. If circumstances change with a child's dietary or allergies, it is the parents responsibility to inform a member of staff and that member of staff would then update the child's record with the parent present to sign. We display current information about individual children's dietary needs on the wall in the kitchen and on the back of the office door so that all staff and volunteers are fully informed about them.
- 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 do have a two week snack menu in place to ensure each child receives variety.

Ofsted Registration No: 309872

Preschool Learning Alliance Member: 104284

- Menus including details of allergens contained in the food are displayed as well as being available on the Nursery website.
- We check the allergen information of food when delivered for any changes to packaging and ingredients.
- We plan menus in advance, taking into account the needs and requirements of each individual child.
- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colouring.
- We aim to include a variety of food from the four main food groups.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- School provides a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or kosher food is available for children who require it.
- 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 his/her diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and adults participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- 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 or help themselves to water at any time during the day.
- For children attending before and after school clubs, we provide cereal/toast with milk or fresh fruit juice for breakfast and then for after school club, the two week menu which is in place, with Nursery following one week and then the after school club following the other. Fresh fruit/veg is also provided.
- We inform parents who provide food for their children about the storage facilities available in

the setting.

- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Packed lunches

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- We provide leaflets with regard to healthy packed lunches and information on Smile4life and sugar swaps on our newsletters;
- encourage parents to provide healthy lunches. We discourage sweet drinks and can provide children with water;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

Other useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2010)
- Date Policy was written and agreed by all staff:
- Signed :
- Position :