



---

### **King Offa Nursery**

## **Nutrition, Food, Drink and Healthy Teeth Policy**

**We are committed to providing healthy, nutritious, and tasty food and drinks for children during our sessions. The Manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all children at King Offa Nursery.**

The meals are prepared in King Offa School's kitchen and offer a two-course lunch with a meat, vegetarian or vegan option. The menus are prepared in accordance with the food-based standards for nursery schools. Prices for our hot lunches are £2.60. Hot lunches are available term time only. Meals are paid for via Arbor Pay.

Morning and afternoon snacks are offered daily with milk and water (water is accessible at all times). Fruit and raw vegetables are offered as part of our provision daily.

When preparing food and drink, staff are mindful of the provisions of the Hygiene policy to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

As part of a child's settling in period, the Nursery requires that the parents and carers complete the Admissions Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The Manager and staff will ensure that food and drink offered to children takes account of this information to safeguard their health, and meet – as far as possible – their particular preferences.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

### **Learning about Food**

Learning about food will be incorporated into children's learning.

- **Personal, social and emotional development.**

Meal times offer children experiences to taste different foods, overcome dislikes and learn how to share. Cooking activities offer opportunities for learning through working with others and increasing self-esteem.

- **Physical development.**

Fine and gross motor skills can be developed through activities such as gardening, using knives and forks, preparing food, and washing up. Mealtimes can be used to help children to make healthy food choices.

- **Communication and language.**

Sitting around a table eating food together is a good way to teach conversation and social skills.

- **Literacy.**

Many stories involve food. Use these to teach about ingredients, where food comes from and about food for special occasions and from different cultures. Language can be developed and senses explored through discussing and describing the taste, texture, size, look and smell of food.

- **Mathematics.**

Activities such as counting out spoons and pieces of fruit when setting the table or at snack time can be used to support numeracy skills. Sorting and matching foods into different types can help promote organisational skills and reasoning.

- **Understanding the world.**

Food tasting activities teach children about ingredients, the seasons and where food comes from; including food from different cultures. Growing fruit and vegetables teaches children about where food comes from, about life cycles, about gardening and how to look after plants. It is also a good form of physical activity.

- **Expressive arts and design.**

Art activities can engage children with food.

### Healthy Eating

We recognise the importance of healthy eating and a balanced and nutritious diet. Because of this, the Nursery will endeavour to make a variety of foods available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugar foods.

At King Offa Nursery we encourage children to make healthy choices and we ask that families support us with this by providing lunch boxes with a variety of foods and healthy choices. We do not allow lunchboxes to contain items such as chocolate bars (Biscuit bars are allowed e.g. Penguin), sweets, chocolate spread, jam, biscuit spread, honey, peanut butter sandwiches and sugary drinks as part of lunch boxes.

#### **King Offa Primary Academy and Nursery is nut free.**

Due to the salt levels within packets of crisps, we will only be providing children with half of the packet. Please feel free to either place these in their own box or send half a packet in – the other half will be returned.

The setting has now moved to using bottles that are provided by the nursery to ensure each child has access to fresh water to support the development of healthy teeth and a healthy diet. You do not need to provide your child with a bottle for their sessions – please note that squash/juice/flavoured water is not allowed in any bottle your child brings, including at mealtimes. Milk and water are available for all children during their session.

The nursery will limit excessive amounts of fatty or sugary foods. The Nursery will provide milk to drink at snack times and ensure that fresh drinking water is available at all times. We ask that parents cut up any foods into quarters that are more likely to cause choking in their lunchbox such as grapes, sausages, cherry tomatoes etc. Please see risk assessment for further information.

### Nut free

At King Offa Nursery we are a nut free nursery. We hope that by ensuring the children do not bring in nut products, it would reduce the risk of any child or adult with a nut allergy coming into contact with a food product which could potentially be very harmful to them. All enrolling children are asked to provide any details of allergies and in turn these will be reviewed by the nursery to ensure necessary risk assessments are in place where needed. All parents will be communicated with should they need to be aware of any allergies within the nursery that need action – with the permission of the staff member/child in question.

### Breast Feeding

We aim to make our mothers feel comfortable in our nursery should they wish to breast feed their child whilst here. We will provide mothers with a comfortable quiet area - private if necessary. Any breastfeeding routines will be discussed with the mother and Key Person.

### Celebrations and Special Occasions

It is important that children are given the opportunity to celebrate special occasions and cultural events; however, many of the foods and drinks served at celebrations can be high in saturated fat, sugar and salt, and therefore have limited nutritional value for young children.

We will also advise that cake/sweets provided due to a celebratory occasion be taken home. Any cake provided must be in original packaging with the allergen information clearly displayed. The nursery will not accept homemade goods or those with no allergen information.

### Cultural and Religious Diversity

The Nursery and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Manager and staff will work with parents/carers to ensure that any particular dietary requirements are met. The Nursery is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

### Meals and Snacks

The nursery will provide bowls, cutlery and cups.

**We will supply a well-balanced, varied hot meal and dessert at lunch time by a catering company called Aspens.** Aspens specialize in offering tasty and nutritious meals to schools and nurseries. They provide a rotating 3-week menu which changes regularly. Menus are available to take home.

For children who bring a pack lunch the nursery supplies ideas for a healthy lunch box. More information is available upon request.

Morning and afternoon snacks are offered daily with milk and water (fresh drinking water is accessible at all times). Fruit and raw vegetables are offered throughout the nursery session.

### Healthy Teeth

King Offa nursery provides parents with information on how to look after their children's teeth, contact details for dentists who provide NHS treatment in the local area. Children in receipt of Early Years Pupil premium (EYPP) in term one to three, will receive a teeth care package to promote the importance of looking after children's teeth.

(Reviewed: Updated April 2024, next review September 2024)