

FOOD AND DRINK POLICY

Creative Minds Nurseries Ltd regards snack and mealtimes as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

CMN provides nutritious snack and meals that meet the children's individual dietary needs at regular intervals in morning and afternoon sessions.

If the children are staying for the whole day, they will be provided with healthy breakfast, lunch and tea.

Procedures

- Before the child starts to attend the nursery, we find out from parents their child'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 regularly consult with parents to ensure that our records of their child's dietary needs including any allergies are up to date. Parents sign the updated record to signify that it is correct.
- 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 that is consistent with their dietary needs and preferences as well as their parent's wishes.
- We provide nutritious snack avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has 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.
- We provide vegetarian alternative on days when fish/meats are offered.
- We organise meal and snack times so that they are social occasions in which children and staff 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 utensils to children that are appropriate for their ages and stages of development and that take account of eating practices in their cultures.

- We have fresh drinking water constantly available for children. We inform the children about how to obtain the water and that they can ask for water at anytime during the day.
- In order to protect children with food allergies, we **do not allow** children to share and swap their food with each other.
- For children who drink milk we provide whole pasteurised milk.