

## **Otley Street Nursery School Food Policy**

### **Aims**

The aims of the school policy are:

- \* To provide a range of healthy food choices throughout the day and in line with the mandatory Nursery School Standards.
- \* To support pupils to make healthy food choices and be better prepared to learn and achieve.
- \* To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

### **Policy links and further information**

This Policy supports the Food Standards Agency ‘Safer Food, Better Business’ toolkit, available at [www.food.gov.uk/business-guidance/safer-food-better-business](http://www.food.gov.uk/business-guidance/safer-food-better-business) The school has a copy of this toolkit. It is free and can be requested at the above link.

### **Food throughout the day**

#### **Breakfast club:-**

Breakfast is an important meal that should provide 25% of a child’s energy requirement and supports pupils to be ready to learn at the start of each day.

Nursery runs a daily breakfast club for pupils from 7.45am – 8.30am. The Breakfast menu includes: Weetabix, Shredded Wheat, Cornflakes, Rice Crispies, toast, yoghurt, fruit juice, water or milk.

#### **Packed Lunches:-**

As fridge space is limited in nursery, parents are advised to bring packed lunches in insulated bags with freezer blocks/commercial gel packs where possible to stop the food spoiling. Lunch boxes are stored in the entrance corridor away from heaters.

Guidance for what to include:

#### **Every day:**

- At least one portion of fruit and one portion of vegetables
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, hummus, falafel)
- A starchy food (e.g. bread, pasta, rice, couscous, noodles, potatoes or other types of cereals)
- Dairy food (e.g. milk, yoghurt, cheese, fromage frais or custard)

Drinks: only water, fruit juice, milk, yoghurt or milk drinks and smoothies. Fruit cordials or squash should be weakly diluted.

**Guidance for what not to include:**

- Snacks, such as crisps. Instead, include seeds, savoury crackers or breadsticks. Fruit and vegetables or dairy foods are also a good choice.
- Confectionery such as chocolate bars and especially sweets. Cakes and biscuits are allowed but encourage your child to eat these as part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally
- Fizzy drinks
- **Please be aware that there are children and team members with severe allergies to nuts therefore we are a No Nut school.**

The nursery recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

A link to the change4life packed lunch box is sent to parents/carers to provide them with information to support healthy lunch box choices.

([www.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes) )

**Drinks:**

Fresh water is constantly available for children and adults, they are able to ask for water at any time of day. For children that drink milk, we provide whole pasteurised milk at snack time morning and afternoon.

**After school club:**

Nursery runs an after school club which runs from 3.30pm-6pm. Within this time a healthy snack is provided. This is not a substitute for an evening meal. Some examples of the after school menu includes:

Beans on toast with grated cheese, yoghurts, fruit, milk, water or squash

Fish fingers and waffles, yoghurt, fruit, milk, water or squash

Cream crackers, cheese or soft cheese, cucumber, fruit, squash, water or milk

Pasta, cheese, cucumber, grapes, yoghurts, milk, squash or water

The daily menu is displayed for parents.

**Snack:**

We provide a variety of nutritious snacks. We aim to avoid foods that contain large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings but aware of specific needs/allergies and intolerances.

We organise snack times so they are social occasions in which children can participate.

We use snack times to help children to develop independence through pouring their own drink and selecting the food.

We provide children with age appropriate utensils to help prepare the snack for everyone in nursery, incorporating good hygiene skills as well as cutting and peeling skills. All children have an equal opportunity to help in the preparation of snack over the year as a 'Snack Helper'.

### **Buying Food:**

Food supplies are bought from reputable suppliers (eg trusted supermarkets)

Care is taken when buying perishable food to ensure it is well within date and has been stored appropriately. For further guidance, please see 'Safer Food, Better business' (link above)

Throughout the year children are taken in small groups to the local market to buy some fruit and vegetables for snack.

### **Allergies**

A food allergy is a rapid and potentially serious response to a food by your immune system. It can trigger classic allergy symptoms such as a rash, wheezing and itching.

We will ensure we have an adequate management plan in place to deal with any child who has known allergy. In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

We take care not to provide food containing nuts or nuts products and are especially vigilant where we have child/ren who are known to have a nut allergy. Grapes are to be cut in half long ways as there is a risk of choking.

Please be aware that there are children and team members with severe allergies to nuts therefore we are a **No Nut school**.

### **Food Intolerances**

A food intolerance is not the same as a food allergy.

Children with food intolerance may have symptoms such as diarrhoea, bloating and stomach cramps. This may be caused by digesting certain substances, such as lactose. However, no allergic reaction takes place.

Important differences between a food allergy and a food intolerance include:

- The symptoms of a food intolerance usually occur several hours after eating food.
- You need to eat a larger amount of food to trigger an intolerance than an allergy.
- A food intolerance is never life-threatening, unlike an allergy.

With the autoimmune condition coeliac disease, gluten must be avoided at all times.

We will ensure we have an adequate management plan in place to deal with any child who has a known food intolerance and or the autoimmune condition coeliac disease. In addition, in order to protect children with food allergies, we have rules about children sharing and swapping their food with others.

Information about allergies and intolerance is given by parents on entry and Health Care Plans completed (if required). This information is shared with all staff if necessary.

### **Curriculum:**

Food is an important part of the curriculum at Otley Street Nursery School. Cooking and preparing food is regularly planned for the children to partake in.

### **Activities:**

We have specific areas that we plant our own fruit and vegetables. This develops skills and provides practical experiences, giving access to fresh healthy food and the opportunity to spend time outdoors and be active. Research has shown that more than 96% of children are not eating enough fruit and vegetables and that children in schools which grow food eat more than one and a half more of their five a day than other children.

### **Celebrations and Festivals:**

The school recognises the importance of celebrating birthdays and special celebrations.

For birthday celebrations, all children receive a song in class, birthday sticker and card, and a toy from the birthday box. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods from different cultures for the children to try.

Occasionally fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

A treat will be given after the Christmas performance along with a drink of milk or water.

### **Expectations of Staff and Visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink in line with the policy, when in the company of pupils.

## **Parents, carers and family members**

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

## **Training, Food handling and Preparation**

Appropriate members of staff have been awarded food handling and Hygiene certificates and training needs are reviewed on a regular basis.

Otley Street Nursery School is registered with Craven District Council for handling under the Food Hygiene (England) Regulations.

## **Policy Implementations**

The Head Teacher is responsible for the implementation of this policy and conducting regular reviews.

All staff are made aware of this policy as part of their induction, reviews and training.