



Food and Drink Policy

Statement of intent

Aflah Nursery 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.

Purpose

Whilst parents are expected to provide a packed snack, for snack time during 9-12pm session, and a packed lunch for those who will stay for the whole session or late a.m session it is expected that Aflah Nursery's healthy eating policy will be upheld. It is intended that pupils bring only nutritious food to promote a healthy lifestyle and growth.

We will achieve this by:

- For the purposes of occasions when children may be partaking in a 'shared lunch' owed to a planned celebration, before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- 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 parents' wishes.
- 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.
- 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 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 have fresh drinking water constantly available for the children. We inform the children about how to obtain water and that they can ask for water at any time during the session/day.

- 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 have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk.

Our Commitment Towards Good Oral Health

- We will ask you (parents/carers) whether your child has been registered with a Dental Practice in the early weeks of admission and encourage this with a follow up conversation.
- We will promote good oral hygiene and practices via conversations around snack/lunch times, our continuous provision eg. at small world and as role play opportunities, through our Helpful People topic (visiting dental practitioner) and targeted workshops using 'Dental Buddies' resources & 'Oral Health in EY Settings' NHS guidance.
- We will dedicate a post via our on-line learning journal (Tapestry) around the importance of good oral health, attaching the 'Dental Buddies' resources for parents to avail.
- Through daily monitoring of the contents of packed snacks & lunches, removing and returning to you food/drink items that are undesirable for good oral health.

Packed Lunches

- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt.
- Discourage packed snacks/lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- Ask parents not to pack foods containing nuts owed to the impact these can have upon those who have a severe nut allergy.
- Ask parents to label lunch boxes and beakers with pupil name.
- Inform parents that home cooked food can be heated, by staff, using the microwave oven on site.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion and is supervised at all times.

Ofsted & Other

- The nursery will notify Ofsted of any food poisoning affecting two or more children attending the nursery, within 14 days of the incident.
- Food hygiene procedures are informed in the induction of all staff.
- All staff involved in the preparation of food or supervision of meals, is trained in 'Food Hygiene.'

Print Name: Ms. Frazana Aslam

Role: Director

Date: August 2024

Date of review: August 2025

Aflah Nursery