



## Policy Aim

The aim of this policy is to ensure children are provided with healthy meals/snacks and drinks and that parents and carers are supported in providing healthy packed lunches for their children. This policy also aims to ensure that appropriate food hygiene practices are adhered to at all times.

At Foxglove Montessori Nursery School, we are committed to promoting the importance of snacks and drinks that are healthy, balanced and nutritious. Our Staff recognise the importance of following safe food hygiene procedures. Food hygiene matters are included as part of our on-going staff training. Each member of staff achieves their foundation level food hygiene award which is renewed every three years.

We aim to

- Ensure that before a child starts to attend our Nursery, we ascertain from parents/carers their children's dietary needs including any information pertaining to allergies, religious or cultural requirements. Following the information obtained, an Individual Health Care Plan is completed and discussed with the parents/carers.
- We ensure that we regularly consult with parents/carers through our newsletter to ensure that our records relating to this information remain up to date.
- We ensure that all staff, students and volunteers are fully informed of children's dietary needs including any information pertaining to allergies, religious or cultural requirements.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents/carers wishes and that these meet all individual requirements by displaying information in the kitchen and snack area. Such matters are regularly discussed at staff meetings.
- Staff show sensitivity in providing for children's dietary requirements ensuring children do not feel singled out as we meet individual needs.
- We use snack and lunch time as a social occasion for both staff and children. Staff support/promote children's independence as is age and stage appropriate. Staff promote this by allowing children to make choices of when they eat their snack, prepare and serve food and drink and are encouraged to feed themselves. Children are encouraged to pour their own drinks whilst staff provide support as is age and development stage appropriate.
- The children follow our hygiene rule of washing hands before eating/drinking.

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- Children are given the opportunity to use glasses and crockery to gain real life experiences. Once snack/lunch has been eaten, children are encouraged to continue their Practical Life activities by washing and drying their own glasses and crockery. This promotes and encourages the children's independence, self esteem and confidence.
- Fresh drinking water is available to children at all times and the intake of fluids by children will be monitored for abnormally high or low intake. Staff act as role models for children, ensuring that they themselves keep hydrated throughout the day whilst restricting the consumption of hot drinks to the Nursery kitchen for health and safety purposes. However a lidded non spill cup may be used with the permission of the Principal in exceptional circumstances.
- The nursery is aware of reports that some children behave in an increasingly hyperactive manner after drinking orange juice and other similar products which contain artificial additives designated by E numbers. The nursery therefore only offers water and milk to children. Parents are made aware of this policy during the admissions period and that they are welcome to provide their child with an alternative if preferred but keeping in line with our healthy eating policy.
- Children participate in cooking activities and gardening. They taste foods from a range of cultures respecting parental views and taking into consideration children's dietary requirements.

### Personal Hygiene

- We ensure children wash their hands after going to the toilet, touching their nose/mouth and before cooking and eating and display posters to remind them to do this.
- Staff model hand washing and surface preparation before and after handling food and ensure children do this.
- Staff promote good manners in respect of talking to children about the importance of not licking fingers, blowing noses etc. when children are involved in preparing foods.
- Staff ensure that all equipment used in the preparation of food is clean and appropriate.
- Staff tie back long hair and wear a protective apron when preparing or serving food.

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Signed for and on behalf of Foxglove Montessori Nursery

Lindsey Harvey (Principal) :

Date :

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