

Diet Policy and Practice

The sharing of refreshments plays an important part in the social life of the Nursery as well as reinforcing children's understanding of the importance of healthy eating. Children's medical and personal dietary requirements are known and respected. This includes, for example, allergies to eggs or nuts. Children's understanding of the importance of healthy eating will be reinforced at Nursery.

The Nursery will ensure that:

- Snacks provided will be nutritious and food containing large quantities of fat, sugar, salt, additives, preservatives and colourings will be avoided
- The dietary rules of religious and cultural groups and also of vegetarians/vegans are known and met in appropriate ways
- Milk provided for children is whole and pasteurised and water is offered as an alternative
- Water is freely available throughout each Nursery session, both indoors and out
- A cake to celebrate birthday is welcome, this can be shop bought, but must not contain nuts and must be supplied with a list of ingredients
- We do not accept sweets to celebrate birthdays
- When cooking with children as an activity, the adults will provide healthy wholesome food, promoting and extending the children's understanding of a healthy diet
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods
- The Nursery will observe current legislation regarding food hygiene and obtain training for staff to appropriate levels

Special Dietary Needs Procedure

When a child joins the Nursery, parents are asked to inform the Nursery of all food allergies and dietary, medical or cultural requirements. This information is recorded and circulated to all staff. Information regarding specific individual needs are recorded and kept on a sheet displayed in the Nursery kitchen for staff preparing snack to adhere to. These include children's care plan completed

- Allergies
- Cultural or religious requirements

In cases of a severe food allergy the Nursery will make very careful efforts to ensure food screening. The Nursery will not include any unsuitable food in any activity that would exclude the child. We will, if necessary, have an alternative to offer the child where the food cannot be screened.

Breast Milk Policy

The children's individual needs will be discussed with parents to ensure that they are met. Feeds will be prepared as and when they are required by the babies and not as part of the nursery routine.

The Nursery participates in the active encouragement of mothers to breast feed their babies. Therefore, the Nursery has put into place a Policy and associated Procedures to detail those arrangements necessary for the safe storage and use of breast milk.

Containers

- Breast milk should be brought to the Nursery in a sterilized bottle or in a sterile breast milk bag, suitable for the purpose of refrigerated storage and clearly marked with the child's full name
- Bottles will be returned to parents/carers at the end of each nursery day. The containers will be washed but not sterilized.
- Parents must ensure that the container is sterilized before re-use.

Storage

Breast milk should be provided on a daily basis, unused milk will be discarded at the end of each feed.

General Handling

Carers will ensure that the following Policy is strictly adhered to;

- Breast milk is to be kept sterile at all times
- DO NOT leave breast milk at room temperature for more than 1 hour
- DO NOT heat breast milk on the stove or in the microwave
- Breast milk can be stored in a labelled box with lid in the freezer and date expressed written on the packaging it comes into the nursery in (must be used within 3 months)
- Breast milk can be de-frosted in baby room milk fridge in a labelled box with lid (must be used within 24hrs of being defrosted)
- Breast milk is to be warmed to a suitable body temperature
- The milk to be checked for temperature to ensure that the milk is cool enough for the child to drink, i.e. using a temperature probe.
- Practitioners must wash hands before and after handling Breast milk

Meal Times

Lunchtime and snack time are viewed as another learning opportunity for the children. Mealtimes are social occasions in which children learn to develop their personal and social skills as well as language and communication. Mealtimes should always be a positive experience, and the staff will work hard to develop a structured routine to maintain this, whilst maintaining sensitivity to each child's individual needs. The Nursery staff will endeavour to not allow situations to manifest so that an issue is made out of food and eating.

The Nursery respects different cultures and beliefs and will work with parents to ensure any dietary requirements are adhered to.

At meal times:

- Adults will sit with the children in small groups to promote a family atmosphere
- Children will be encouraged to follow good table manners and hygiene practices
- Wash hands before and after eating
- Wash faces after eating
- Not talk with their mouth full
- Say please and thank you
- Staff will praise and encourage the children to give them a sense of achievement and encouragement
- Children will not be made to eat against their wishes. Children will be encouraged to try their savoury before moving onto their sweet
- Refusal to eat will not be punished
- Parents will be informed of their child's eating habits and staff will work with them to address any issues and develop an appropriate plan for them both to work to, ensuring that there is consistency at home and in the Nursery
- We will aim to accommodate parent's wishes when appropriate for the child's stage of development
- Due to keeping children with dietary requirements safe we are not able to accept food brought into the nursery setting from home

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