

## Policy & Procedures

### Diet and Nutrition Policy

Signed on behalf of Miss Daisy's Nursery School
Mika Warren

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Whilst Miss Daisy's Nursery doesn't provide lunch for the children, the school is committed to offering children healthy, nutritious and balanced snacks that meet individual needs and requirements.

- A balanced and healthy daily snack is provided for children attending Miss Daisy's Nursery
- Miss Daisy's Nursery provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, processed meat preservatives and colourings.
- All allergies, intolerances and dietary preferences are displayed on signs in each classroom and staff room.
- Children's medical and personal dietary requirements are respected. Staff must be aware of any special dietary requirements that the children may have, and of the procedure to ensure children are not given prohibited foods. Serious medical reactions and conditions regarding diet should be known to all staff
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs, including any allergies. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child
- Fresh drinking water will be constantly available and frequently offered to children. Milk is also offered at snack times
- Staff will set a good example and eat with the children and show good table manners. Lunch and snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use their manners and say 'Please' and 'Thank you' and conversation will be encouraged
- We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits will be respected.
- All the ingredients of any snacks given to the children with a food allergy will be previously checked.
- When preparing food for a child with a food allergy, we do make sure that we do not contaminate foods whilst preparing them.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his food removed without any fuss. If a child does not finish his first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything
- Children who refuse to eat at lunch time will be offered food later in the day
- Children who are slow eaters will be given time and will not be rushed

- Portion sizes will be taken into account when food is offered to children considering the age of the child and the recommended portion sizes for babies and young children
- Food offered will be taken into consideration and monitored throughout the week to ensure children do not consume too much sugar and salt at school
- Oral hygiene is of great importance to us. We aim to educate our children about oral health to the best of our ability. Research states that “*The concern for the oral health and general wellbeing of children has been prompted by the release of new statistics from Public Health England (PHE) that reveal around one-in-four (23%) of 5-year-olds in 2019 have had dental decay*” (Dentalhealth.org). We believe it is our responsibility to ensure we are monitoring the children’s diet at school, by limiting the amount of sugary treats/ baking activities on offer. We only offer water and milk to drink. When new families start at Miss Daisy’s, we suggest different lunch ideas for their child’s packed lunch box to support their health and oral hygiene knowledge. Additionally, we include information about healthy eating, healthy lifestyles, and oral hygiene on our ‘Parent Board’ for parents to read if they wish to have more information. Children are educated about dental health and oral hygiene in a fun and significant way, through play, stories, activities and games
- Food offered will be taken into account of the ages of the children with the recommended portion sizes for babies and young children
- No child is ever left alone when eating/drinking to minimise the risk of choking
- Miss Daisy’s Nursery will promote positive attitudes to healthy eating through play opportunities and discussions
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as a cake. These will be given at snack time to prevent tooth decay and not spoil the child’s appetite
- Miss Daisy’s Nursery will provide verbal feedback to parents at the end of each day, with regards to any difficulties a child might have experienced at lunch time.
- No products with nuts or sesame are used on the premises and parents are not allowed to bring any food from the outside into the Nursery School
- All staff who prepare and handle food in the kitchen are competent to do so and receive training in food hygiene which is updated every three years
- These are the steps to follow if you think a child is having a severe allergic reaction:
  - Do not move them
  - If the child has a prescribed adrenaline auto-injector e.g., Epi pen and you have been trained to use it, administer it according to the child’s care plan
  - Ring 999 and ask for an ambulance with a paramedic straight away
  - Explain that the child could have anaphylaxis
  - Send a responsible person outside to wait for the ambulance
  - Contact the parent/guardian of the child after you have called an ambulance