



FOOD NUTRITION POLICY

EYFS: 3. 47, 48, 49

Harvey Road Day Nursery understands the importance of promoting healthy eating at an early age. Accordingly, the Nursery will strive to provide a high standard of meals that are varied and nutritionally balanced. In order to achieve this, the Nursery will:

- Display a weekly menu in advance. The menu will also be communicated to parent/carers by the website.
Seasonal food will be highlighted and where items are sourced will be added to our website.
- Provide the children in its care with a tasty varied diet.
- Have suitable food available to all the children in its care. We will follow the eat better start better initiative.
- Serve milk at morning snack time and afternoon tea.
- Use fresh produce, from reputable local suppliers, wherever possible.
- Prepare all meals on the premises.
- Ensure all dairy foods are full fat (organic milk is provided), semi skimmed milk may be served to over 2 year olds (if available).
- Ensure soya drinks will only be given as a substitute for cow's milk with parents'/carers' agreement, and then only those drinks fortified with calcium (parents/carers to provide such drinks).
- Have water available to drink at all times.
- Advise parents/carers if their child is not eating well. Support and advise on reluctant eaters.
- Ask parents/carers of children who are on special diets to provide as much information as possible about suitable foods, and in some cases may ask them to provide food themselves. Written permission will be obtained in order to clarify any subsequent change to the arrangements and will be supported by relevant professionals, dietitian, health visitor or paediatrician.
- Ensure that staff sit with the children while they eat and provide good role models for healthy eating and table manners.
- Not withhold food as a form of punishment.
- Encourage the children to develop good eating skills and table manners, and give the children plenty of time to eat.
- Enable the children to play outside every day. This will ensure that they have an opportunity be exposed to daylight, which helps boost their bodies to make vitamin D.
- Ensure all staff are knowledgeable and up to date with current nutritional issues.
- Ensure all staff will readily share good practice and new information with parents/carers and other staff.

- Ask parents/carers not to bring in any foods, sweets, biscuits, crisps or fizzy drinks. However, some healthy items may be allowed for a child's birthday. (Please speak to staff).
- Ensure key persons are knowledgeable of their key children's dietary requirements and that in turn they pass this information on to other staff,
- We will have regard to current nutritional guidelines.
- We will develop an educational program that supports children exploring real food, allow practice with simple cooking and growing activities.
- Use any produce from the nursery garden within our menu.
- We will survey children, staff and families in order to inform our menus.
- We will share cultural recipes with parents and collect ideas for cultural dishes to be added to our menu where possible.
- We will work very closely with parents of our babies from 6 months old to introduce complimentary foods to milk feeds.
- Parents are welcome to attend our setting to breast feed their baby.
- Parents not able to do this are encouraged to provide breast milk that will be given via a bottle.

Contact numbers:

Name	Contact No
Social Services Emergency Duty Team	0345 404455203
Ofsted	0300 1231231

This policy was adopted in	Signed on behalf of the nursery	Date for review
January 2022	Suzanne Baldry - Nursery Manager	January 2023