



Happy Bunnies Nursery

Healthy Eating and Nutrition Policy

September 2017

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Date.....

Internal use only

Date of review	Author	Date for next review
September 2019	Gemma Linton	September 2020

Food, drink and Healthy Eating

At Happy Bunnies Nursery we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus include servings of fresh fruit and vegetables every day
- Parents and children are involved in menu planning
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the nursery. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods
- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy
- Staff set a good example and eat with the children and show good table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves

- Staff support children to make healthy choices and understand the need for healthy eating
- 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 are respected
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. If a child does not finish his/her first course, he/she will still be given a helping of dessert
- Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily information of feeding routines for all children
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite.
- We do allow parents to bring in cakes on special occasions. We allow cakes that have been purchased and not home made. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

Baby Feeding Equipment

When babies/children are left in our care, we understand that it is paramount that we provide the highest quality care for our children. Standards of cleanliness and sterilisation have to be nothing other than excellent at all times. The team follows these steps at all times to prevent infection, illness or contamination.

Infant feeding utensils (bottles and teats), teething aids and dummies must be decontaminated between uses by boiling or by using a suitable disinfectant product

(sterilising liquid) to protect babies from infection. All traces of milk must be removed from bottles and teats prior to “sterilisation”.

Our team will take these steps:

- Wash bottles and teats thoroughly using detergent. Remove every trace of milk by squirting water through teats and using a bottle brush. Rinse thoroughly in clean water before sterilising.
- Ensure bottle brushes are thoroughly cleaned and then placed in the steriliser with teats and bottles.
- Make sure that instructions for the sterilising unit are followed at all times.
- Make sure your hands are washed before removing items from the steriliser.
- Check equipment before use and discard it if it has become worn and damaged.
- **Never** interrupt the sterilising process by adding extra items to the sterilising unit during the recommended immersion time.

Parents are asked to provide a container of un-opened milk powder. clearly labelled with the child's name to Nursery, so that staff can make up fresh bottles as and when required on the premises. Staff will record the opening date and formula will be discarded after the recommended 4 weeks from opening date.