

Basnett Street Nursery School and The Chatterbox Club Ltd.  
Food and nutrition policy.

At Basnett Street Nursery School and The Chatterbox Club we recognise the important role we play in promoting a healthy lifestyle to all members of our community. We also recognise the important connection between a healthy diet and a child's ability to learn effectively and fulfil their potential. We aim to promote healthy eating and for families to make healthy lifestyle choices for themselves and their children.

Only milk and water are provided as drinks to promote oral health. Fresh drinking water is always available and accessible. It is frequently offered to children and in hot weather, staff will encourage children to drink more water to keep them hydrated.

***Parental Involvement***

- We provide information on healthy life style's and promote healthy lunch boxes' (**See appendix 2 - Lunch club**).
- Parents are asked to encourage their children to contribute weekly to our fruit sharing basket.
- Individual dietary requirements and cultural differences in eating habits 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.
- We don't allow parents to bring in cakes or sweets on special occasions.
- Our open door policy and well established key person system ensures that parents and family members feel confident to seek advice and all staff recognise the importance of **working in partnership with parents**.

Snack time is provided within continuous provision to enable children to recognise when they are hungry and thirsty and for them to fulfil this need independently. All food is prepared and served using the guidelines of the foods standard agency to limit any choking hazards (**A poster is displayed where snack is prepared**).

Where appropriate, we will carry out a risk assessment in the case of allergies **See Appendix Allergies and Allergic reactions**. 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 their diet or allergy

**Food Safety and Mealtimes**

- No child is ever left alone when eating or drinking to minimise the risk of choking
- We will ensure that a member of staff who has full paediatric First aid Training is present during Mealtimes.
- Staff and children always wash hands before snack and mealtimes.
- Staff sit with the children and always ensure to have clear views of the children's mouths to minimise the risk of choking.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene and allergy awareness which is updated every two years

**Teaching and learning**

As a nursery we value children's learning and development across all aspects of the curriculum and learning about food ignites interests and development within many areas such as health and self-care and physical development.

We encourage children to be involved in activities surrounding food and we ensure any food we use for play is carefully supervised.

Choking hazards are checked and avoided and all allergies will be checked, we will not use food in play unless it enhances the opportunities children are receiving from the activity.

### **Appendix 1 - Allergies and Allergic reactions**

At Basnett Street, we are aware that children may have or develop an allergy resulting in an allergic reaction.

We aim to ensure allergic reactions are minimised or, where possible, prevented and that staff are fully aware of how to support a child who may be having an allergic reaction.

#### **Our procedures**

- All staff are made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth and/or tongue, swelling of the airways to the lungs, wheezing and anaphylaxis
- We ask parents to share all information about allergic reactions and allergies on their child's registration form and to inform staff of any allergies discovered after registration
- We share all information with all staff, this may involve displaying photos of the children along with their known allergies in nursery rooms, where applicable whilst maintaining confidentiality. This must include child's full name, date of birth and a photograph of the child.
- Where a child has a known allergy, we will complete a care plan and or risk assessment with the parent prior to the child starting the nursery and/or following notification of a known allergy and this will be shared with all staff.
- If a child has an allergic reaction to food, a bee or wasp sting, plant etc. a paediatric first aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. We will inform parents and record the information in the incident book and on the allergy register
- If an allergic reaction requires specialist treatment e.g. an EpiPen, all members of staff working directly with the child will receive specific medical training to be able to administer the treatment to each individual child.
- It is parents/carers responsibilities to provide nursery with appropriate medication for child allergy.

In the event of a serious allergic reaction and a child needing transporting to hospital see Appendix 1 of the medicine policy.

### **Appendix 2 - Lunch club**

At Basnett Street our aim is to offer a 'nut free' environment, this means no food products containing nuts are brought in to the buildings. We hope this will reduce the risk of any child or adult with a nut allergy coming into contact with a food product which could potentially be very harmful to them.

We realise that many foods are labelled as having 'traces' of nuts or cannot guarantee 'nut free' which are very difficult to avoid. We will speak to any parent's who join the setting who have a nut allergy to establish the severity of the allergy and put in place a risk assessment.

We ask parents when preparing packed lunches to not include any food containing nuts,

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts

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Staff are aware not to bring food containing nuts into nursery.

Lunch club is a happy, social occasion for children where positive interactions are shared and enjoyed, where staff are committed to meet the individual needs of all children and the requirements of the Early Years Foundation stage.

Unfortunately, we do not have the facilities to warm food so children are required to bring a healthy prepared packed lunch with them. We encourage parents to provide sandwiches or wraps with a healthy filling, some fruit, and milk based desserts for e.g. yoghurt.



If your child would prefer to eat something warm you are able to purchase a thermos food flask ideal for pasta, soup, beans, spaghetti etc... These can be found in your local supermarket or online at a reasonable cost.

**We do not recommend** any highly processed foods as these contain high salt or sugar levels and unnecessary additives. **Please do not pack chocolate bars or sweets.**

May we also remind you that snack is also available throughout your child's sessions so you will not need to over pack their lunch box. Children have very small stomachs the size of their fist and too much food can be overwhelming.

[nhs.uk /change4life /recipes/ healthier-lunchboxes](https://www.nhs.uk/change4life/recipes/healthier-lunchboxes) has a range of quick, easy, healthier lunch box ideas such as

Here you will also find the [Eat Well Guide](#) which shows how much of what we eat overall should come from each food groups to achieve a healthy balanced diet.

We will ensure that:

- Tables are clean and ready for children to have their lunch and fresh milk and drinking water will be available.
- Individual dietary requirements and cultural differences in eating habits will be respected, **you must** let us know if your child has any allergies.
- Staff will help children to develop independence through allowing time for children to unpack their own lunch with support if needed, feeding themselves and through encouraging children to tidy up after themselves and packing away their lunch bags/boxes.
- Thorough hand washing will be carried out by both staff and children.
- Children will be given time to eat at their own pace and not rushed.

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- We will promote positive attitudes to healthy eating through discussions and share with parents healthy lunch box tips.
- No child is ever left alone when eating/drinking to minimise the risk of choking and all staff are trained Paediatric first aiders.
- All children are able to enjoy quiet time after lunch and rest if they choose to and our snug area is designed for children who may need a sleep.
- A member of staff will monitor your child's lunch box to ensure that food is prepared following the guidance and recommendations of the Food's standards agency. **We have attached a copy for you please read carefully before you prepare your child's lunch.**

**Due to the high number of water bottles we are unable to store them in a cool place therefore please leave your child's bottles at home.**

**We will ensure that fresh milk and drinking water is available each day which we can keep cool and fresh. If you have any concerns please don't hesitate to discuss this with the lunch club staff.**

**Thank you for your co-operation**