Food and Nutrition Policy Gina's Montessori Nursery

Statement of intent

Mealtimes at Gina's Montessori Nursery should be a happy, social occasion for staff and children alike. Positive interactions should be shared at these times and enjoyed. Gina's Montessori Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individuals' needs and requirements. We follow the https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition.

We will ensure that:

- A healthy mid-session snack, is provided for children
- Snack menus are planned in advance, rotated regularly and reflect cultural diversity and variation
- We provide nutritious snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
- Fresh drinking water is always available and accessible for the children. In hot weather, staff will encourage children to drink more water to keep them hydrated
- During meals and snack times children will be encouraged to use their manners and say 'Please' and 'Thank you' and conversation will be encouraged
- Staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating
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- 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 and encouraged to tray another option. Children not on special diets will be encouraged to try different things
- Children who are slow eaters will be given time and not rushed
- Quantities offered will take account of the ages of the children being catered for
- We will promote positive attitudes to healthy eating through play opportunities and discussions
- We provide children with utensils which are appropriate for their ages and stages of development, and which take account of the eating practices in their own cultures
- The provider will notify Ofsted of any food poisoning that affects two or more children in our care within 14 days

Safer Eating

- Individual dietary requirements are respected. Before any child starts, we will gather information from parents regarding their children's dietary needs, any allergies and intolerances.
- A care plan is completed for any allergies. Where appropriate, we will work alongside parents and carry out a risk assessment in the case of allergies.

- Children at risk of anaphylaxis will have a BSACI action plan developed by a health professional for managing any known allergies or intolerances.
- All information is shared with the staff and displayed to ensure they are fully aware of any signs and symptoms and treatments for the allergy/intolerance/anaphylaxis.
- Discussions are ongoing with the children's parents to keep us up to date. Care Plans and BSACI forms are reviewed regularly
- Staff will show sensitivity in providing for children's diets and allergies. We 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
- Gina Ferriter is responsible for checking that the food being provided meets all the requirements for each child.
- Parents who provide food for their child are informed of the nursery's storage facilities and information about suitable containers and foods that are not permitted within the nursery environment due to other children's allergies
- Children are not allowed to share or swap their food with one another to protect children with food allergies and dietary requirements
- Staff do not give the children items from their own lunch
- A first aid qualified member of staff will sit facing the children during mealtimes to ensure children are always supervised to avoid choking or cross-contamination (allergies and dietary requirements).
- Children are encouraged to sit with their head straight whilst eating to avoid choking. Children with a good understanding children are explained the risks of not sitting properly to eat
- Any physical intervention carried out by a first aider to avoid choking, is logged on a Physical intervention form which is signed by the parents/carers, to ensure they are made aware

Packed Lunches

For parent/s who provide a packed lunches:

- will inform parents of our policy on healthy eating.
- will not microwave any food brought from home.
- will encourage parents to provide a healthy lunch.
- will discourage sweet drinks and will provide children with water.
- will discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits and reserve the right to return this food to the parent as a last resort.