

Food Policy

Aims

To ensure that all aspects of food and nutrition in the Centre promote health and wellbeing of pupils, staff and visitors. We aim for children to learn life long skills in healthy eating as part of a healthy lifestyle and to ensure parents are involved wherever possible. We believe that it is important for children and families to understand the impact of nutrition on health, concentration, energy levels and positive self-image. We are aware that Southwark has high obesity levels for both children aged 5 and 12 and the aim of this policy is to work towards reducing obesity.

Objectives

- Reduce obesity and promote well-being for children under 5.
- To work towards meeting the national School Food Standards for Early Years.
- To create an environment where eating food and mealtimes are a pleasurable experience.
- To encourage children to independently make healthy choices.
- To provide rich and meaningful experiences for children to develop their knowledge and understanding of food and where it comes from.
- For all staff to support children's development and attitudes by being positive role models.
- To work in partnership with staff, children and families to improve their physical health by raising their awareness of the effects food and drinks can have on their bodies and the need for a balanced diet.
- To ensure all snacks and food provided will be nutritious, healthy, balanced and tasty which takes into account other faiths and cultures and medical requirements
- Ensure snacks and food are provided, and takes into account other faiths and cultures, medical requirements and potential allergic reactions.
- Develop knowledge and understanding of food hygiene and safety issues.
- To actively promote, encourage and support breastfeeding.
- Ensure children have continuous access to water throughout the day.

Food Provided by the Centre

At Kintore Way Children's Centre all meals are cooked on the premises, and seasonal fresh produce delivered and used daily. We ensure a range of foods provided for the children meets the School Food Standards for Early Years and individual needs whether this is a medical need or stage of development. Pork and nuts are not part of our menu planning and parents/carers can express their choice of a vegetarian option at point of admission. All our menus are in line with the national school foods standards and the 'Eat Better, Start Better' standards.

The Role of the Adult

- Staff eating with the children have a responsibility to model appropriate behaviour as set out in procedures for lunch time.
- Staff role model good standards of hygiene
- Staff serve portions of food which maintain a balanced/healthy diet and promote a positive attitude towards the benefit of eating fruit and vegetables.

- Staff will refrain from eating and drinking inappropriate foods or drinks e.g. fizzy drinks, cakes, sweets, etc. in the presence of the children either at the Centre or on trips/outings.
- Cooking and food preparation is part of the curriculum, staff preparing for a cooking or food activity use ingredients which are healthy and nutritious.

Learning and Development

There are planned opportunities for children to learn and understand about the source of their food through plot to plate activities such as; growing their own food, shopping trips, farm visits role play scenarios, living eggs and forest school sessions.

Regular cooking activities take place involving children and parents. The muddy kitchen encourages children's imaginative play and language development.

Children are taught about good hygiene practices including hand washing before and after handling or eating food, going to the toilet or playing outside.

Children's language development is supported at meal times through the use of Makaton sign language and visual prompts.

Meal times are used as an opportunity to support children's use of cutlery and meal time etiquette, taking into account cultural needs.

Children are involved in the setting up, serving and cleaning at lunch and snack times.

Healthy Snacks

Routines do not override children's natural development to socialise and play. Children are encouraged to have a drink or something to eat when they feel thirsty or hungry rather than at a specific time chosen by an adult. Children need long periods of uninterrupted play therefore children's play is not stopped for a snack time.

Under 1's

Utensils must be sterilised for children up to 9 months old

1-5's

A range of finger foods are provided to encourage children to make healthy choices and introduce children to a variety of new tastes.

Snacks are healthy, and are a small nibble of food between meals all fresh fruit is cut into child size portions e.g. apples, bananas, grapes, mango, melon, pineapples, strawberries, plums, peaches, pears, etc.

- All fresh vegetables-cut into child sized portions e.g. celery, cucumber/cherry tomatoes, carrots, cooked/steamed green beans, baby sweet corn, peppers, broccoli, cauliflower, etc.
- Bread sticks, pita bread, rice cakes, crumpets, toast.
- Suitable toppings for toast, crumpets etc: Olive oil based spread
- Milk /water will be provided daily
- In River and Rainforest room a self-service snack table is available to the children for an hour in the morning and afternoon. For children who have not had breakfast a toast bar is available in the morning.
- Parents are encouraged to bring in healthy snacks for children attending the crèche unhealthy snacks are not given to the children.

Breastfeeding

Exclusive breastfeeding is recommended for the first 6 months as it provides all the nutrients a baby needs.

In the Centre we actively promote and support parents with breastfeeding. While in the Centre we will accommodate their needs by providing an area for their comfort, and store expressed milk appropriately.

Food and Drinks Brought From Home

Parents can provide bottles of made up milk or expressed milk to be stored at the Centre and used to feed their children, formula milk can also be provided however the use of cerelac or similar products are not permitted. We offer support for parents in advice for weaning. Children are not permitted to bring food from home on a daily basis due to the risk it poses to children with allergies. Parents/carers are encouraged to provide a healthy snack when collecting their child or attending a group or the crèche. Parents/carers are strongly discouraged from giving their child confectionary (sweets, cakes, crisps and fizzy drinks) while on any of our premises (Kintore Way or Ellen Brown).

Weaning

Weaning should not start before a child is 6 months.

Staffs ensure they support the weaning process in partnership with the parents/carers through the use of the dodi cup. Information will be given to parents at initial induction and leaflets readily available at the reception area. Children at the Centre are encouraged to move from a bottle to an open cup. The use of cups with valves is discouraged.

Special Dietary Requirements

Milk substitutes should only be given to children under the guidance of a medical professional

Special Occasions

Taking into account the high child obesity levels and dental decay of the children in Southwark, and the need to reduce the sugar intake of children under 5, the Centre will pilot alternative ways of celebrating birthdays rather than the sharing of birthday cakes from September 2014.

Community celebrations will aim to promote healthy eating however we will be sensitive to the individual needs of our families.

Special Events

During sessions which include the offer of serving food e.g. Meetings, training, or workshops we will also include a choice of healthy nutritious snacks.

Training

We promote healthy eating through workshops and healthy eating courses. We work closely with the locality nutritionist, dietician and health visitors to support parents in providing a healthy diet for their children.

Staff involved in the preparation of food attend regular food hygiene training.

Safeguarding

Staff remain vigilant for any children who appear hungry, are overeating or have a poor diet. Concerns are raised following the procedures set out in our child-protection and safeguarding policy.

Health and Safety

Children are supervised when they are eating or cooking. Food is cut into the appropriate shape to avoid choking e.g. sausages are cut lengthways and then sliced. Heat resistant gloves are worn when children are using the frying pan or oven.

Children are taught to not to touch any unfamiliar plants, flowers or leaves unless advised by an adult. All edible plants are grown in a specific area in nursery garden.

Children use sharp knives under adult supervision.

Special Educational Needs

We recognise the uniqueness of all children and understand that some children find mealtimes and eating challenging and have particular tastes. We ensure our practice is inclusive and work in partnership with parents and outside agencies to support children in improving their diet if necessary. Although we do not use food as a reward there may be times when this is the only motivator for a child and it can be used on a short term basis.

Monitoring

The senior leadership team will monitor and review menus and planned snacks termly. Regular monitoring of meal times, cooking sessions and snack times take

Links to Other Policies

Safeguarding and Child Protection

Health and Safety

Teaching and Learning

Positive Behaviour Management

Risk Assessment and Challenge

Code of Conduct

Race Equality

Notes

This policy was produced in consultation with, the Centre's cook, staff, parents and carers and advice was sought from a healthy school standards representative (nutritionist). We have ensured that we have met the welfare requirements in the statutory framework for the Early Years Foundation Stage Document.

The Centre actively supports healthy eating and drinking throughout all sessions. It is the Centre's policy to work with the whole community to promote healthy eating at every opportunity, such as party occasions, fetes, fundraising events etc.

Kintore Way Nursery School & Children's Centre

Policy Name

Food Policy

Adopted and signed on behalf of the Centre by the Governing Body at the meeting on

Curriculum Committee - 13th February 2014

Name of Governing Body Representative

Angela Scattergood, Chair of Curriculum Committee

Signature of Governing Body Representative

Date signed _____

Date to be reviewed: Spring 2017