The Nene Infant and Nursery School

Food and Drink Policy
Food & Drink at Nene Infant & Nursery School

Policy statement
We will work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment. We will provide high quality food education and food in school to help ensure food messages are consistent during the school day. We will create an enjoyable and sociable dining experience for pupils in school, and a lively food culture at school and in the wider community.

Nene Infant & Nursery School recognises the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.

• The school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
• The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
• The School also recognises the role it can play, as part of the larger community, to promote family health, and sustainable food and farming practices.
• Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.
• The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
• The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
• The School is committed to achieving the standards required to achieve National Healthy Schools Status (NHSS). This Food Policy demonstrates the first steps required to achieve the standards relating to Food in the achievement of NHSS.

Aims
To develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.
Eating, cooking and growing food in school is very important; The 'Big Eat Deal' is a promise of ten things about food which everyone in school will try to work towards.

1 Pupil, staff and parents ideas about food in school are listened to
2 School dinners are healthy, tasty and good for the planet
3 Lunchtime is enjoyable
4 Food we bring into school is healthy
5 We can drink water whenever we want to
We learn how to cook wholesome and tasty food

We learn how to grow food and about composting

We visit farms and learn where our food comes from

Staff, parents and the local community can learn more about cooking and growing if they want to

We enjoy and have fun with food

**Packed Lunches**

The Food Standards Agency survey of packed lunchboxes showed that many children’s lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchboxes for children.

To support this, the school will aim to provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food swapped or shared may be confiscated.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

It is also committed to the following:

- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets.
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having School Dinners and Packed Lunches, in terms of provision and supervision.
- Provision of water jugs, containing clean water, and cups on every table.
- Encouraging children to wash their hands before eating.
- Making lunchtime a happy/sociable experience to develop social skills.

**Partnership with parents and carers and pupils**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers and pupils will be regularly updated on food policies through school and class newsletters, and consulted on a regular basis; Nene school is part of the ‘Phunky Food’ programme which has information about food for parents.

**Role of the Governors**

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.
Food and Drink in Daycare

Policy statement
Little Owls Daycare regards snack and meal times as an important part of the day. We understand that eating habits are developed during childhood and that if children are encouraged to enjoy healthier food and drink early on in life, it is more likely that these habits will remain throughout life. Furthermore, we know healthy eating helps to improve the concentration of children which in turn helps them to be ready to learn. Meal times represent a social time for children and adults and help children to learn about healthy eating. We promote healthy eating at all snack and meal times and have a designated PANCo (Physical Activity and Nutrition Coordinator) to lead practice in this area. We take account of the School Food Trust’s Voluntary Food & Drink Guidelines for Early Years Settings in England. We have signed up to the School Food Trust’s code of conduct and evaluate provision using their checklists.

EYFS key themes and commitments

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Aims
Little Owls aims to provide children under the age of five with a varied diet of nutritious and well balanced food to develop their health, growth and well being; taking into account any dietary needs and requirements; this may include any allergies and cultural preferences. Little Owls promotes eating together as a time to socialise, share food, learn about healthy eating and develop social skills and provides a family style eating environment where children are encouraged to:

➢ Develop pouring and cutting skills
➢ Serve food
➢ Develop the confidence to explore new tastes
➢ Develop their social skills
➢ Increase their knowledge of healthy eating through taste, exploration, conversation and cooking.

We welcome parent’s comments, ideas and suggestions in relation to this policy.
Little Owls Daycare ensures all staff required to handle food are trained in food hygiene and this training is update regularly.

**Equal Opportunities**
All children are individuals with differing likes and dislikes. We include new and familiar foods from around the world in our holistic menu planning.

Children are encouraged to develop independence through meal time routines and will have the opportunity to make food choices, self serve portions, pour their own drinks and feed themselves.

We will provide children with eating and drinking utensils that are appropriate to their individual stage of development and also take into account the eating practices of their home culture.

**Healthy Eating**
The food provided by Little Owls is intended to help promote a healthy child and so, foods that contain sugar, both natural and manufactured are not excluded from the menu, but, are eaten in moderation.

Fresh drinking water is freely available to children throughout the day and all children are encouraged and reminded about the provision of water after outdoor play, medication and frequently during periods of hot weather.

Other drinks that are offered at snack and meal times are semi-skimmed cow’s milk and occasionally diluted 100% fresh fruit juice.

Food products are sourced appropriately in line with government guidance.

**Little Owls Daycare:**
- Does not give shell fish products to children
- Does not give nuts to children
- Does not give products containing raw egg to children
- Chooses products with low salt content
- Chooses products with limited E numbers and additives.
- Chooses products with limited hydrogenated fat
- Does not give “low fat” or “diet” products to children

**Menu planning / Food provision**
Little Owls Daycare delivers a four weekly menu cycle which takes account of a child’s daily nutritional requirements. These menus are changed twice a year. Therefore, breakfast and snacks are also planned
in advance and are included as part of a child’s overall daily food requirements; copies of the menus are displayed in the foyer.

Little Owls promote meal times as a social event and staff sit with the children and act as role models whilst supporting children to develop their knowledge and understanding of healthy eating. Staff encourage children to learn about food combinations and what makes a balanced nutritious meal.

Staff also use meal times to provide learning opportunities such as exploring smells, tastes, textures, colours, shapes, likes and dislikes, where food comes from, seasons of growth, foods of varying cultures and festivals as well as creating opportunities through cooking activities.

Food is cooked on site using fresh ingredients which meet the School Food Trust’s Voluntary Food & Drink Guidelines for Early Years Settings in England. The cook adheres to the Better Businesses, Safe Foods guidelines and completes all necessary paperwork each day.

Food is checked to ensure:

- It is within the use by / best before dates
- Packaging is in tact and is not damaged or dented
- It is clearly labelled

Any food to be served “hot” is checked with a temperature probe to ensure it is served above 63°C and any food being reheated from cold reaches at least 78°C. All temperatures are recorded.

**Food Provision on Trips/Outings**

Little Owls Daycare aims to ensure children receive healthy food whilst on out of setting visits. Where food is purchased in cafeterias every effort will be made to ensure healthy choices. If packed lunches are provided, we will:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool
- provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt. We discourage sweet drinks and will provide children with water or diluted fresh fruit juice
- discourage packed lunch contents that contain crisps, processed foods, sweet drinks and confectionary.

**Parents and Carers as Partners**

At the time of admission parents and carers will be asked to provide details of any allergies, or medical conditions relating to the child’s diet. Parents and carers should inform Little Owls in writing immediately of any change in the child’s dietary requirements.

We display current information about individual children's dietary needs so that all staff and volunteers are fully informed.
Little Owls will also give consideration to any parental requests or requirements for their child’s diet such as religious or cultural preferences. If Little Owls is unable to meet the request, the reason for this will be discussed and shared with the parents and carers.

Staff will advise parents and carers daily about their child’s food intake.

**Meal Times for Learning**
- **Breakfast:** 08:00-09:00am
- **Snack:** 10:15am & 14:15pm
- **Lunch:** 12.00-12.30pm
- **Tea:** 16:00-17.00pm

**Enjoyment of Food**
To encourage children’s enjoyment of food and to provide a positive eating experience, staff will give consideration to the presentation of food and portion sizes.

Staff will encourage children to try food and will advise parents and carers if the child refuses. Children will not be forced to eat a food they do not like. Desserts will not be withheld from a child who has not eaten their main course.

Children’s food choices are monitored to inform policy and develop future menu provision.