

Food / Nutrition Policy



Best Practice Guidelines

We will use the best practice guidance from the NHS setting the table document when planning our snack menus.

Meals and Snacks

We will provide meals prepared and cooked by Lockerbie Primary School. Parents have the option of purchasing a hot lunch or providing a packed lunch from home. Should you wish to provide a packed lunch for your child, we ask for your co-operation and suggest that you do not send any chocolate, biscuits or food containing sugar, or drinks which are fizzy and contains sugar (see our packed lunch healthy eating leaflet). Staff will ensure the child's care plan is followed for allergies and dietary requirements.

We only provide foods that give children lots of nutrients and are low in sugar or salt, for example bread, cereal (with little or no sugar), fruit, vegetables and milk products. The only drinks offered at snack time are water or full fat milk. When planning our snack menu we will consider the variety offered daily/weekly. Milk and water will be available throughout the day and children will be encouraged to have drinks regularly. For the occasional special event/celebration children may receive other foods e.g. birthday cakes.

Encouraging good eating habits

Young children will often decide whether they want to eat or not, how much they want and how often they eat. Making decisions about the food they eat is all part of the process of developing healthy eating habits and developing a healthy relationship with food. Encouraging children to experiment, offering a variety of foods regularly introducing new foods from an early age encourages children to experiment and accept different tastes and textures.

Whether to eat

Saying "no" to food is a way of showing independence. Occasionally it is acceptable for a child not to eat a meal or snack. What is important is staff recognising whether the child is having an off day or concerns about their eating habits. If a child is refusing meals regularly a member of staff will discuss this with the parent/carer. Staff will never force a child to eat and will remove the food without fuss after a reasonable time. Puddings and treats will never be used as a bribe to eat the rest of the meal.

Environment – MAP is a nut free zone

Mealtimes will be a quiet, relaxed time. The staff will sit at the table with the children and talk with them. All distractions will be avoided including TV. Children often take longer to eat and can become restless if sitting too long therefore we will ensure mealtimes are relaxed and flexible and children are given time to eat their meal/snack. Staff will involve children in planning the snack menu and preparing the food for snack, setting tables etc.

Staff will introduce the idea of manners and use polite language to offer children food. Staff will act as good role models and use please and thank you and will also recognise that children can be polite without using these exact words.

We will provide a supportive environment for families who wish to continue to provide their baby with breast milk and for mothers who wish to breast feed in our environment.

Approach to learning with food

At MAP we will provide consistent healthy living messages. Both Pre-Birth to Three and the Curriculum for Excellence promote the holistic development of children and encourage practitioners to be confident we are providing the best start in life for the children in our setting. The presence of food and health within the curriculum provides children with the knowledge and skills to make healthy food choices and help establish lifelong healthy eating habits.

Food Safety/Hygiene

Staff will be trained in food hygiene and it will be part of the inductions and ongoing development. We will ensure staff follow our policies and guidelines and apply their knowledge in preparing and storing snacks for the children.

Allergies

Staff will display information about individual children's dietary needs when appropriate to ensure all staff and volunteers are fully informed of them.

We require staff to show sensitivity in providing for children's diets and allergies. Staff will 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.

Parents may bring in birthday cake to celebrate their child's birthday but due to allergy risks we must ask that cakes are 'shop bought' and boxed to allow us to access information re ingredients.

Consultation with children and parents

- Staff will involve the children in menu planning and provide them with opportunities to choose snack.
- Parents of children with special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.
- Parents will be advised if their child is not eating well through regular informal feedback.
- Menus for snacks and hot lunches will be displayed on our noticeboard and a copy can be collected from the office is required.
- Staff will find out from parents their children's dietary needs including allergies before the child starts.
- We will regularly consult with parents to ensure our records of their children's dietary needs including any allergies are up to date.