

TEDDYBEARS NURSERY

FOOD AND DRINK POLICY

At Teddy bears we aim to continually promote healthy eating, encouraging the children to experience new foods, educating them in the importance of a healthy balanced diet and healthy body.

OBJECTIVES

- *To educate the children in healthy eating
- *To ensure all children's individual dietary needs are met
- *To ensure fresh water is always available
- *To provide a varied, healthy menu of snacks and meals
- *To ensure staff are aware of allergies and special dietary requirements
- *To promote social and independence skills at snack and meal times
- *To ensure packed lunches are stored correctly

IMPLEMENTATIONS

- *We educate children in healthy eating through fun cooking activities, food tasting opportunities, books and role-play.
- *Teddy bears treat all children as individuals and will cater for any dietary needs
- *Fresh water is available for children to drink in their classrooms at all times in accordance with the early years Foundation stage legal requirement
- *Our lunch menu provides a variety of nutritious fresh cooked meals (see menu) prepared by our cook which is served at 12.00pm .Our tea is served at 4.00pm
- *Any children's allergies or specific dietary requirements are recorded and displayed in the kitchen and in the classrooms. Named placemats with the child's food allergy written on are used at mealtimes to reinforce the allergy to staff serving the meals. Named bowls are also used to reinforce allergy.
- *We encourage the children to behave appropriately at snack and mealtimes which are promoted as social occasions and staff join in. We also support the children in their development of independence skills such as pouring, spreading and cutting.
- *We ensure at snack times the children are provided with a choice of water or milk. Snacks are given on a rolling rota and include fresh fruits, vegetables, crackers and cheese, breadsticks or biscuits. On occasions (such as children's birthdays) the children may be offered cake or special treats.
- *We ensure food provided by parents is stored safely in a fridge at the correct temperature in accordance with the food hygiene legislation.

DATE COMPLETED:

SIGNED:

REVIEWED: