

## **Food and Drink Policy**

The Acorn Nursery School endeavours to provide a varied range of healthy snacks for the children.

Parents/carers are required to fill in a registration form, on which details of dietary needs, allergies, the dietary needs of religious groups; vegetarians, vegans etc are requested. We then aim to meet those needs/requirements.

### **Breakfast Club**

Children who arrive before 8.30am are offered a choice of cereal and milk, and toast and jam if required.

### **Snack-time**

We operate a snack-bar system mid-morning, offering fresh milk or water with a selection of fresh fruits and crackers. The children have their own plates and they select their own snack. We will always support and encourage the children to eat healthily. Any member of staff who deals with food preparation will have undertaken a Level 2 certificate in Food Hygiene and Safety. We have three trained staff members, Mrs Brambley, Mrs Dighton and Mrs Luck who offer support to parents about healthy packed lunches.

If you wish to bring in cakes/fun size sweets to celebrate your child's birthday please check with the Manager first. Fun size sweets will be sent home with the children at the end of the session. The dietary needs of the other children are always taken into account.

In the case of your child having a severe food allergy we would ask that you bring in a separate snack for them.

We encourage children to bring in their own water bottle which they can access at any time throughout the nursery day. They are encouraged to drink plenty of water throughout the day.

### **Lunch-time**

Parents will be advised about safe storage of packed lunches. Lunchboxes will be kept away from direct heat. Parents are asked to provide an ice pack in their lunch boxes.

No nuts, nut products or chocolate spread are allowed. Sweets or chocolate bars are discouraged.

Certain foods are considered to be choking hazards in young children. Firm spherical foods like grapes and cherry tomatoes must be sliced into quarters or segments. Cylindrical foods such as cocktail sausages, cucumber and carrots must be cut lengthways into thin batons. We don't allow popcorn or marshmallows in children's packed lunches. Full guidance for children under 5 years old can be found on the Food Standards Agency website [www.food.gov.uk](http://www.food.gov.uk)

With the revised EYFS 2021 there is a much bigger emphasis on oral health and healthy eating. Staff will have regard for children's food intake and work with parents/carers to provide healthy alternatives to sweets and chocolates.

The sharing of food is not allowed. We explain to the children that not all children can eat all foods.

Children always wash their hands before eating food.