

## **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 wished.

### **Snack-time**

We operate a snack-bar system mid-morning, offering fresh milk or water with a selection of fresh fruits, dried fruits, crackers (with dairy-free spread and jam) or bread sticks. 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 two HENRY (Healthy, Eating, Nutrition, for Really Young) trained staff members, Mrs Brambley and Mrs Luck.

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 a severe food allergy we would ask that you bring in a separate snack for your child.

Water is always available at any time throughout the nursery day and the children are made aware of this and are encouraged to drink plenty of it. Cups are provided for the children's use.

### **Lunch club**

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 or nut products are allowed, and sweets or chocolate bars are discouraged. 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.