

ROWLEY VIEW NURSERY SCHOOL FOOD POLICY

2023 - 2024

Rowley View Nursery School
Food Policy 2023 – 2024

Eat Better, Start Better

"One of the most important ways to help children to eat more healthily is by establishing good food habits in the early years. National standards for school food have transformed the way children eat in school, but with almost a quarter of children overweight or obese by the time they reach reception year, it is clear that supporting healthy eating can never begin too early". Judy Hargadon OBE, Chief Executive, Children's Food Trust.

At Rowley View Nursery School, we are committed to helping children develop healthy eating habits whilst learning about food preparation and nutrition in a safe and fun way.

We acknowledge that children find it difficult to concentrate and learn when they are hungry. We are passionate about children's welfare and so we provide children with healthy snacks prepared safely in line with guidelines from Food Standards Agency.

We have incorporated healthy eating into our daily routine and curriculum. We follow guidance from Children's Food Trust and the Eat Better, Start Better campaign and Food Standards Agency.

EYFS changes September 2023

When eating, children must be in sight and sound of the staff in ratio. This means that someone must be able to see the children when they are eating and also be within the distance of hearing them too. In the EYFS context it means that someone is sitting with or within close proximity.

- Water is available for children for the whole session.
- Each session, children have access to water as and when needed.
- There is a choice of whole milk or water offered daily.
- Children have a healthy snack each day consisting mainly of a piece of fruit.
- The fruit we offer children is donated by parents/carers on a weekly or daily basis. If weekly this will begin on a Monday.
- Staff plan cooking activities regularly that make links to the children's wider learning e.g. noodles for Chinese New Year, potato soup at harvest time. Cakes and biscuit making are limited to no more than once per half term. Risk Assessments are followed before a cooking activity.
- Food is prepared in line with food hygiene regulations and a number of staff involved with food preparation have received training. Information is displayed, such as Allergens, from Food Standards in the food preparation areas as a reminder to staff.
- Food is stored safely by being covered up and fridge and freezer temperatures are checked and recorded daily. Milk is kept in the fridge.
- Children who stay all day go to lunch club in nursery. Children can only eat the food that they have brought in to nursery and not each other's food
- Lunch boxes are stored in the fridge.
- Children always wash their hands before eating and preparing food.
- Foods on offer do not contain any of the ingredients as listed as common potential allergens except for milk and gluten. If tomato sauce is used in cookery sessions, then parents/carers will be advised in advance as it contains celery.

- Parents/carers are asked on admittance to nursery of any allergies or intolerances their child may have. These are then communicated to staff and a medical / allergy notice is displayed with a child's photo, name and the dietary need / allergy.
- We do not offer any meat based food or nuts.
- We make sure no food is on site if children are allergic to certain foods.
- Salt and sugar is never added to food.
- Children grow vegetables and cook them once harvested.
- Children visit local allotments with another school in their minibus
- We celebrate Harvest festival in school and donate to a food bank
- Taste food from other cultures and around the world

Following "Food for Life" guidance, we use their recipe folder to provide, healthy and nutritious meals for, "Tasty Tuesday".

Partnership with parents/carers

We have a number of workshops for parents/carers:

Healthy eating

Oral health

Guidelines are attached to this policy document and can be found at:

http://nurseryresources.ontraport.net/c/s/vBY/UFnj/s/5l/6o3/6q2Vcy/6Y2bsuA2sa (Food Hygiene)

www.childrens**foodtrust**.org.uk (Nutrition Guidance)

http://www.food.gov.uk/sites/default/files/allergy-chef-cards.pdf (allergy alert card)

http://www.food.gov.uk/business-industry/allergy-guide/allergen-resources

TOP TIPS when children are eating and choking hazards

• **STAY** – Stay with children when they are eating – it is the biggest thing you can do for them.

• **STILL** – Get children to sit still – it can be a battle, but it is much safer. • Cut up foods that are round, hard, chunky, doughy, or stodgy.

o **Sausages or hot dogs** – cut into short, narrow strips lengthways as thin as possible. Removing the skin makes them easier to swallow.

o **Meat** – cut into strips and remove any bones, skin, or fat. o Fruit – check for pips or stones and remove them.

o **Round fruit** (grapes, blueberries, cherries, strawberries, and cherry tomatoes)– cut lengthways and then into quarters.

o Vegetables and larger fruit (melon, apple, mango, carrot, and cucumber) – cut into thin strips, grate or mash, steam, or simmer.

o **Legumes** (chickpeas and butter beans) – mash or steam to soften them.

o **Nuts and seeds** – chop or flake (Whole nuts should not be given to under 5's)

o **Cheese** – cut into narrow batons or strips.

o **Bread** - Cut all types of bread into narrow strips. White bread can form a doughy ball, so brown or toasted bread is a good option.

o **Remove skin** from fruits or vegetables to make them easier to swallow.

• **AVOID these foods** – for babies and young children.

o **Popcorn**

o **Marshmallows**

o Round Hard Sweets – including lollipops.

o Mini-Eggs

o Jelly cubes

o Peanut butter (but ok to use as a spread)

o Whole grapes

Links:

• Safe from choking | How to prevent choking in children (capt.org.uk)

• Why are grapes so dangerous? | Child Accident Prevention Trust (capt.org.uk) • CAPT fact sheet: Breathe-Easy-Fact-Sheet-2023.pdf (capt.org.uk)

First Aid for choking: Knowing what to do if someone is choking can give the best chance of recovery. St John's Ambulance have produced some advice and released some videos on first aid for choking:

Child Choking - Paediatric First Aid | St John Ambulance (sja.org.uk)

• You Tube: What to Do When Someone Is Choking First Aid Training St John Ambulance

https://youtu.be/3G_0YxMEViE?feature=shared

• You Tube: What to do if Your Baby is Choking - First Aid Training - St John Ambulance

https://youtu.be/oswDpwzbAV8?feature=shared

Signed ..... Date .....

(Chair of Governors – Julie Jasper)

December 2023

Review Date: November 2026