

MALDWYN NURSERY & FAMILY CENTRE

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Park lane \* Newtown \* Powys \* SY16 1DE \* Tel 01686622191

**Food, drinks and Healthy eating policy and procedure**

**To be read and used with the health and hygiene policy and procedure.**

**It is the policy of Maldwyn Nursery to promote a healthy lifestyle when providing food or food related activities to children.**

**We do this by:**

* Registering our premises with the local authority according to the Food Premises Regulations Act 1990 and Food Hygiene Amendment
* Seeking advice from the Food Standards Agency where needed
* Taking into account of and learning from Food and Health Guidelines for Early Years and Childcare settings and working towards a healthy and sustainable pre-school scheme
* Noting information about their child and family needs provided by parents/carers at admission
* Breakfast will be available for children arriving before 8.30am or later if requested
* Involving parents/carers and children in the ongoing development and review of this policy
* Displaying our weekly menus on the information board and also available in each of the rooms
* A child who refuses dinner can be offered pudding, but not seconds. Their dinner may be offered later at staff discretion
* Encouraging parents/carers to make menu suggestions
* Ensuring that we use an inclusive approach to meeting children’s dietary/cultural/health, age and stage of needs when providing food related activities
* Ensuring staff receive training about healthy eating and food safety
* Offering nutritious foods at snack and meal times that meet the children’s individual dietary needs
* Providing fresh drinking water throughout the day and is available to the children at all time
* Serving full fat milk as a drink to children under two. A low fat semi skimmed milk option is available for the over two year olds. If a child requires an alternative milk for example, soya milk then this will be provided by the nursery
* Supporting mothers who continue to breast feed
* Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised
* Keeping parents/carers informed about what their child eats and their likes and dislikes as new tastes develop
* Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other culture in addition to valuing and respecting other traditions
* Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure
* Encouraging children to access outdoor activities
* Never using food as form of a punishment
* Giving children the time they need to eat and drink
* Using appropriate furniture, crockery and cutlery when serving food in ways that develop social skills and behaviour
* Ensuring that any food waste is disposed of in ways that care for our environment
* Allergens information is on display for parents/carer, showing which allergens are in each meal prepared on the premises. Parents/carers are able to request to see a list of ingredients for each meal which is available in the main kitchen
* Due to children’s allergies, certain foods may be restricted from the nursery upon notification from a parent/carer
* The nursery adheres to comply with the Public Health Wales ‘Healthy and Sustainable Pre-school Scheme to which accreditations are awarded to completing mile stones
* The nursery will continue to be under inspection by the Food Standards Agency Food Hygiene Ratings
* Within the pre-school room and holiday club, children are allowed to bring in their own pack lunches. This is encouraged to consist of healthy items to comply with the food provided by the nursery

This **food, drinks and healthy eating** policy and procedure was passed for use in Maldwyn Nursery and Family Centre.

Reviewed May 2024