

## FOOD AND DRINK PROVIDED FOR THE CHILDREN

Children must be instructed about the importance of a healthy diet and the importance of drinking water. Religious and Cultural requirements must be observed.

### Drinking Water

Drinking water must be available at all times.

- Ensure that children are aware where this is located and how it may be accessed.
- Be ready to assist children to obtain water when appropriate
- Ensure that suitable bottles, mugs, cups etc. are available for water
- Offer drinks regularly
- Monitor individual drinking – it is essential all children drink during the day

In the Nest staff must supply drinking water to the children at least hourly in beakers if children have not requested a drink before then. A record of drinks supplied should be recorded at hourly intervals.

### Snacks

Snacks are offered at mid-morning and mid-afternoon breaks. Children should be involved in the organisation and distribution of snacks to each other.

Snacks must be healthy and served appropriately.

*Snack time is a positive educational opportunity – do not waste it!*

Breakfasts of Cereal, Yoghurt, Fruit, Juice is available pre-school

Tea of sandwiches, toast, cheese, cakes, biscuits, fruit is available after school.

### Food and Drink provided by parents

Packed lunches should be stored in the garage fridge. If there is insufficient space they should be brought into the school kitchen for refrigeration.

Parents must be encouraged to provide healthy food for their child. Also no peanut butter or other nut substances should be brought to school.

Parents requirements for their child's dietary needs are met if reasonable.

### School hot lunches

These are prepared in the School kitchen which are subject to environmental health regulations. Temperatures of food are taken prior to delivery to the Nursery and should be taken on serving.

### Meal Times

Children should enjoy their meals in a quiet, calm atmosphere. They must wash their hands before and after lunch and at such times as they leave the table to use the toilet.

Children will be seated in small groups of about six. Where possible, once the food is served, an adult should sit with each table to encourage good manners, and sociable discussion.

Staff must always be on hand to assist children when required.

Children with lunch boxes must be encouraged to start with a savoury item before eating pudding and biscuits. They must not share their food with other children.  
Parents must be encouraged to provide healthy lunch boxes.

Children in the 'Nest' will have lunch in their area. High chairs are available for babies too young to sit at the table and children must be strapped into these at all times.

#### Baby Milk

- Parents are required to bring in bottles of milk for children requiring this.
- Bottles must be labelled with the child's name and dated.
- Bottles then must be put into the Nursery fridge if they are cold.
- If bottles are hot or warm they must be left in cold water on the worktop until they have cooled sufficiently to go into the fridge. These bottles must be labelled with an explanation that they are cooling, with a time for when they should be checked and placed in the refrigerator.
- Bottles should be heated when required in a bottle warmer or a jug of hot water in the kitchen or Nest.  
**Under no circumstances should a bottle be reheated in the microwave.**
- The bottle warming chart must be filled out immediately.
- When the child has been fed, the milk can be left for up to 1 hour from when the bottle has been heated.
- After that hour the milk must not be offered to a child and must be thrown away.
- The bottle should not be cleaned out but returned to parents so that they know the bottle has not been sterilised.

Whenever possible staff should sit with the children during lunch, using this time to build relationships, extend vocabulary etc.