

## **Food and Drink Policy Summary**

***Children are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious and complies with dietary and religious requirements.***

### **Meal times**

Daisy Chain provides all meals for children attending the nursery, (formula milk is not included). All meals served at Daisy Chain nurseries are healthy and well balanced and provided by qualified cooks. We provide a healthy menu which prioritises the use of fresh fruit and vegetables. Our catering ingredients are sourced from reputable suppliers, and include local branches of the main supermarkets. Consequently we are subject to the same constraints which they have, and cannot guarantee that all our ingredients are produced and packaged in environments which are free from traces of nuts. We try to introduce the children to a variety of tastes from different cultures. There is always a vegetarian alternative and special diets are catered for.

### **Meals Provided**

Daisy Chain nurseries provide breakfast, mid-morning snack, lunch and mid afternoon snack/tea. Breakfast consists of cereal and a drink and the time breakfast ends varies with each nursery but is usually on average around 8.30 am; mid morning and afternoon snacks consist of fruit with a drink of milk or water; lunch consists of a main course and dessert and the main course is invariably hot; tea consists of a light tea and drink.

We will aim for the children to be able to self-serve to encourage their skills in independence and for them to make their own individual choices of what they eat.

### **Drinks**

Drinks of water are available to children at all times throughout the day using disposable cups, beakers or feeder cups. These are clearly labelled with the child's name. Older and more able children are encouraged to be able to pour water for themselves to increase their skills of independence.

At meal times the children have a beaker with water at the start of their meal. There is a jug of water on the table to allow children to pour more water if necessary. Feeder cups must be labeled with the child's photograph and name.

### **Dietary Requirements**

We take great care to ensure that each child's dietary requirements are ascertained before the child starts attending the nursery. Parents/carers are asked to read the nursery's current menu and inform the Manager of foods that

are forbidden. If the child has specific dietary requirements these are then passed on to the Manager, Key person and the Cook, who will organise menus accordingly for the child. Any specific allergies or requirement will be displayed on a list on the staff notice board in each room with the reasons and reactions that may be caused. It is the Manager's responsibility to ensure these lists are kept up-to-date. Parents are also asked to have a copy of menus and sign that they agree with foods that they have told the nursery their child is allowed.

We follow a traffic light system for place mats, plates and bowls to ensure that the children's dietary needs are being provided for.

All food that is prepared for specific dietary needs must be served using the traffic light system.

### **Formula milk**

Parents are required to provide all bottles and formula milk for their child. All parents are advised to follow the guidelines as recommended by the Food Standards Agency. The recommendations we have received on making up bottled milk for day care settings from the Food Standards Agency are as follows:

'If a parent is making up a batch of feeds to be used in a day care setting they should:

Make up the feeds on the morning required rather than the night before.

Use boiled water that has been left to cool for no longer than 30 minutes (temperature of 70 degrees) cool the feeds quickly and store below 5 degrees.

Transport feeds in an appropriate cooled container and place immediately in fridge at day care setting.

When required, warm the feed in a bottle warmer or jug of hot water. Test feed temperature by placing a few drops on inside of wrist. Discard any unused feed.

Alternatively parents could choose to provide liquid formula'.

**Please note – for safeguarding purposes, our preference is for parents to bring the powder and bottles to nursery so that we may ensure that the child is receiving a freshly prepared bottle.**

**Use boiled water that has been left to cool for no longer than 30 minutes. Cool the feeds quickly. Transport the bottle in an appropriate container. Test feed temperature by placing a few drops on inside of wrist. Discard any unused feed.**

No child is ever forced to eat food they do not want. Equally, food will never be withheld as a punishment or threat.