



Name:	Date written:
Food, Nutrition and Healthy Eating Policy	2021
Written by:	Date of Review:
Emma Holmes/ Louise Lloyd-Evans	14/9/23
Policy Statement	
<p>This policy is in place to ensure Young Friends Kindergarten offer regular nutritional meals and snacks, in line with current government guidance. It is also in place, so parents are clear what to expect from us and, in turn what we expect from our families.</p>	
Aims and Purpose	
<p>We provide healthy, balanced and nutritious plant-based meals and we offer food and drink in line with current government dietary recommendations for infants and children aged 6 months to 4 years.</p> <p>Children attend a full day and receive 90% of their average daily intake in the following proportions</p> <ul style="list-style-type: none"> • breakfast 20% • mid-morning snack 10% • lunch 30% • mid-afternoon snack 10% • tea 20%. <p>This leaves 10% for an additional drink or snack at home.</p> <p>It is really important that intake is monitored to ensure that children feel happy, safe and secure to eat.</p> <p>Parents are responsible for giving their child additional vitamins in line with government recommendations</p> <p>All meals are nut free and plant based. All of the Staff Team have food hygiene qualifications</p>	
Applicability	
<p>Staff Families</p>	
Definition of Terms	
n/a	
Overview	

Dietary Needs

Water

Food Preparation and Storage

General Procedures

Procedures

Dietary Needs

- Children's specific dietary needs and requirements are obtained before a child starts, these are discussed sensitively and professionally
- At Young Friends we use The Professional Nursery Kitchen for our lunch and nursery staff cook suppers and snacks with the children. All the food we order from TPNK are nutritionally balanced, gluten free and plant based. They supply robust contents information for all their dishes.
- The pod lead will update the Specific Dietary Requirements document on Family and will let the other staff know immediately or at their next meeting, whichever is appropriate of any food allergies and symptoms.
- Parents of children with specific dietary requirements must provide a doctors report to inform our procedures for their child.
- Our menu is devised by professional nutritionists who have also advised us on the snacks and food we make with the children from the kitchen garden. We feel the food we offer is well balanced and healthy. If a recipe calls for the addition of sugar we use a natural source (e.g fruit) and keep below the recommended limit for preschool children, under 15g per portion. A plant-based diet is the most inclusive diet considering religious, medical and life-style needs. Because of this, all children eat the same food, and we cannot cater individually (unless there are medical restrictions). This ensures a relaxed attitude towards food and eating, an interest in the ingredients (seed to plate), a continuity and clarity of mealtime expectations, a sense of being in a group and the enjoyment of the social aspect of eating. We know that some children can go through phases of finding food and mealtimes a challenge. Experience has shown us that sticking to a routine, remaining positive and calm, keeping portions small and allowing the experience to be tactile usually results in them enjoying food once more. If problems still occur, your child's key person will work alongside you (and your health visitor, if necessary) and develop a plan of support.

Water

- All children have access fresh drinking water in their own flask that is replenished regularly.
- Children are encouraged to think about their bodies and be independent about choosing to drink and are especially reminded to drink more in hot weather.

Food Preparation and Storage

- Our Fridges are set to operate at 3 degrees centigrade and the freezer at -18 degrees centigrade. These temperatures are checked daily.
- Food from TPNK arrives twice a week and is blast chilled. Temperatures are noted and it is immediately stored in the fridge.
- All food from TPNK is cooked, following the company's instructions, in an oven heated to 170 degrees centigrade, for approx. 40 mins.
- The food is temperature probed to make sure it has reached 83 degrees centigrade, for 30 seconds and will be served within two hours of reaching this temperature.
- The temperature probe is calibrated once a month.
- Snack and supper preparation is undertaken in the kitchen with staff and children. We use as much food as possible from our kitchen garden. Systems are in place for the safe dissemination of food to individual rooms and for children who are on trips
- The Nursery Team are responsible for the safe storage and preparation of all foods.
- The Nursery Team keep the kitchen clean to appropriate standards.
- Food from the kitchen garden is quality controlled, stored and prepared by the Nursery Team
- The storage and preparation of milk and food for babies including weaning, bottles and feeding facility is in the Hedgehog Room.

General Procedures

- Children are taught basic hygiene rules around eating and drinking
- All children are never left alone whilst eating or drinking.
- All staff are trained and have valid Paediatric First Aid certificates and can act quickly and efficiently in a choking situation.
- All staff are responsible for ensuring food is cooked and checking that it has reached the required temperature and is cooled sufficiently to give to children
- All staff are responsible for making sure babies, young children and older children are seated safely and are supervised and supported in line with developing age-appropriate self-help skills
- All staff, as key people monitor each child's food intake and communicate this to parents in line with our communication policy
- Incidents of food poisoning will be investigated, and Ofsted will be informed in line with the Statutory Requirements
- We aim for all staff to have level two food hygiene training
- If there is enough food once the children have been served, staff are permitted to eat with the children at the table. They must model good manners and expectations e.g plates and bowls on the table, sitting down and talking in a quiet respectful manner.

External Links and Organisations

Healthy eating guidance published for the early years sector:

[Healthy eating guidance published for the early years sector - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Relevant Policies and Documents

Communications Policy

Health and Safety Policy

Bottle Feeding and Preparation Policy

Managing Food Allergies, Intolerances and Meeting Cultural Needs Policy

Key Person Policy

Authorisation

Signature:



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