

FOOD AND NUTRITIONAL HEALTH Policy

Grassroots Day Nursery regards snack and mealtimes as an integral part of the daily routine.

We understand that eating represents a social time for children and adults who help them learn about healthy eating and we aim to meet the full requirements of relevant government guidance documents on food and drinks. With guidance from our Nursery cook, we aim to ensure, as far as is reasonably possible, that all meals we provide are nutritious and free from large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings.

During snack and mealtimes, we aim to provide nutritious foods, which meet every child's individual dietary needs. All our menus are planned in advance following advice from nutritionists and consulting staff, parents and children.

Before a child starts attending Grassroots Day Nursery, we ask parents about their child's dietary needs and preferences, including allergies. Such information is recorded in the child's registration records, which parents will sign to confirm that it is correct.

We regularly consult with parents to ensure that our records of their child's dietary needs remain correct. Parents are asked to sign the updated record to confirm it is correct.

At Grassroots Day Nursery, we implement systems to ensure children receive only food and drink which is consistent with their dietary needs, preferences and parents' wishes. Daily food charts are filled out for children with allergies/intolerances.

For the avoidance of doubt and so staff are aware and reminded of individual needs, information regarding every child's dietary requirement is clearly displayed in the kitchen and dining areas.

Grassroots Day Nursery's snacks and meals include a variety of foods from the four main food groups:

- Meat, fish and protein alternatives
- Dairy products
- Grains, cereals and starch vegetables
- Fruit and vegetables

Children also have access to fresh drinking water at all times.

Ofsted are notified of any food poisoning affecting two or more children looked after on the premises.

Policy/Procedure name: Food and Nutritional Health Policy	
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Signed: (Proprietor/Manager)	
Signed: (Deputy Manager)	