



Food Policy

Date of Policy Updated and Adopted March 2019

Review date March 2022

Lark Hill Nursery School takes the promotion of healthy food habits seriously as it contributes to children's long term health. We provide snacks and meals which are healthy and that meet children's individual dietary needs. We regard snack and meal times as an important part of our day. Meal times represent a social time where children can learn about healthy eating.

We aim:

- To ensure that all food and drink provided is healthy in appropriate portion sizes, looks good and tastes good.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of children and staff e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members are aware of these.
- To raise awareness of free school meals for parents and carers.
- The school works in partnership with our lunchtime caterer to ensure we offer a balanced school meal.
- Packed lunches are stored safely and are expected to meet healthy guidelines.
- We encourage children and to stay hydrated through drinking water frequently, we only promote water and milk as the safe drinks for teeth. Water is available throughout the day.
- We make a cake with the children to celebrate their birthdays as part of a recognition that a healthy diet includes having special food for celebrations.
- We operate an ethical policy on sponsorship by confectionary and fast food companies.



Procedures

The Nursery follows these procedures to promote healthy eating:

- Before a child starts at the Nursery, parents provide details about their child's dietary needs and preferences, including any allergies.
 - Each child's dietary needs are recorded on admission forms
- The Nursery shares current dietary information about individual children so that all staff are fully informed of them.
 - The Nursery implements systems to ensure that children only receive food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes. (note on table cards for lunchtime and list in the kitchen where snacks are prepared)
- Families can choose if their child brings a packed lunch or they pay for a cooked meal.
- Our caterer, By request has planned in consultation with us a balanced four week menu (see appendix) (The Nursery menu includes a variety of foods from the four main food groups: - Meat, fish and protein alternatives- Dairy foods - Grains, cereals and starch vegetables - Fruit and vegetables). The caterer provides a meat or fish option and a vegetarian alternative each day.
- The Nursery provides fruit or vegetables as snacks on our self-serve snack table
- The Nursery takes care not to provide foods which contain nuts or nut products and are especially vigilant where we have a child or adult who has a known allergy to nuts.
 - The Nursery use meals and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- The Nursery will have fresh drinking water available for the children at all times.
 - Nursery staff will provide feedback to parents regarding how their children have eaten through Tapestry or/ and face to face if their child's eating is a concern.



Appendices

Examples of letters we send out

Healthier lunchboxes

Dear All,

As you know we aim to (and are expected to promote healthy eating by the children through our snacks and lunches provided. We also ask families to provide healthier choices in their packed lunches.

A typical healthy lunch could be sandwiches, fruit, a yoghurt and a drink.

Please do not send cans of fizzy drink, chocolate bars, sweets or crisps and avoid sugary spreads such as jam or chocolate spreads in their sandwiches. If you would like to send a small treat maybe a small cake or biscuit could be added.

Please make sure your child's bag / box is clearly labelled with your child's name and small containers can be kept fresh in our lunchtime fridge.

A healthier lunchbox could include :

- 1) A portion of **starchy food** e.g. a wholegrain roll, sliced wholemeal or white bread, pitta pocket, pasta, rice salad, couscous, noodles or potatoes
- 2) Plenty of **fruit and vegetables**, e.g. a small apple, satsuma, handful of cherry tomatoes or carrot sticks
- 3) A portion of **milk or dairy food**, e.g. individual cheese portion or pot of yoghurt, fromage frais or custard
- 4) A portion of **lean meat, fish or alternative**, e.g. ham, chicken, tuna, egg, houmous, lentils or falafel
- 5) A **drink**, e.g. a small carton of fruit juice, milk, a bottle of water, or a smoothie



We often find that families send too much food as they are worried about their children having enough to eat. Please remember we have a snack in the morning and the afternoon and children need smaller portions of food than an adult would have.

Best wishes
The Nursery team

Healthy lunchboxes



As you know we are expected to promote healthy eating for our children. The NHS say that what children eat every day creates their long term health and eating habits. A healthy diet does include the occasional treat (such as cake for a birthday) although for young children having foods lower in salt, sugar and fat is best. Our school dinners are home cooked, healthy options with fruit or yoghurt for dessert. For our children who bring packed lunches we are also expected to ensure that they are eating a healthy meal.

Please do not send any chocolate bars, sweets, fizzy drinks or crisps. We will return any items to you which we have been advised children should not be eating on a daily basis. Many thanks.

The Nursery Team



Our four week lunchtime menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Oven baked burger in a soft roll with baked beans Veggie burger Mini yoghurt pots	Ham and pasta bake Mushroom pasta bake Mixed green salad Fresh fruit platter	Fish fingers Egg salad Tomato wedges and peas Mini yoghurt pots	Chicken curry and rice Veggie curry Fresh fruit platter	Fish pie Veggie bake Mixed veg Mini yoghurt pots
Week 2	Chicken casserole Chickpea casserole Broccoli Min yoghurt pots	Tuna and pasta bake Mixed peppers and pasta Carrots and cucumber Fresh fruit platter	Cheese and tomato pizza Carrots Mini yoghurt pots	Sausage hot pot Chick pea hot pot Beetroot Fresh fruit platter	Pork stir fry Veggie stir fry Basmati rice Mini yoghurt pots
Week 3	Mild chilli with rice and wraps Veg chilli Fresh fruit platter	Lamb casserole New potatoes Mini yoghurt pots	Steak hot pot Sweet potato hot pot Peas Fresh fruit platter	Spaghetti bolognaise Quorn bolognaise Green salad Mini yoghurt pots	Pork curry and rice Chickpea curry and rice Fresh fruit platter
Week 4	Cottage pie Cheese and lentil rissoles Baby carrots Mini yoghurt pots	Filled pitta pouches Pepper filled pittas Potato wedges Fresh fruit platter	Fish cake Garlic and cream cheese bites Jacket potatoes Sweetcorn Mini yoghurt pots	Lasagne Veggie lasagne Mixed leaves Fresh fruit platter	Chicken kebab Veggie kebab Vegetable rice Mini yoghurt pots