



Quality Education in a Christian Context

New Life Nursery School seeks to be an inclusive, caring and inspirational school providing opportunities for children, staff and families to develop physically, emotionally and spiritually in an environment where everyone is valued.

Food Hygiene and Healthy Eating Policy

Prepared foods / Snacks

New Life Nursery School is committed to providing healthy snacks and drinks. Staff will ensure that food is properly stored and keep a list of all dietary requirements. They will be sensitive to the religious / culture requirements of all children. Parents / carers must ensure that all dietary requirements are listed when filling out the registration forms and advise staff if there are any changes to those requirements.

Food Sensitivity and Allergies

Parents / carers should advise the nursery of any sensitivity or allergies to foods. There is a notice in the nursery kitchen and in the nursery café area which details pupils with specific allergies / cultural / religious requirements.

Staff, students and volunteers should also ensure that they have informed the nursery if they have any sensitivity or allergies to foods.

Children and adults should **NOT** bring **nuts or foods containing nuts**, e.g. peanut butter, to nursery.

Flow charts and details of how to handle allergic reactions are displayed in the nursery kitchen. See also *Accidents, Illness and Medicines Policy*.

Healthy Eating

New Life Nursery School aims to promote healthy eating in children. To this end, parents are advised that:

1. Healthy snacks will be provided by the Nursery twice a day; therefore, parents should not send any food to Nursery with their child other than a packed lunch if required.
2. Packed lunches should be brought to nursery in a lunchbox, clearly labelled with the child's name. As there is not room to store lunches in a fridge, parents are encouraged to put an ice pack into the lunch box to keep items such as yoghurts etc. below room temperature.

3. New Life Nursery is a committed member of the Birmingham Startwell Initiative, which aims to promote healthy eating and physical activity in children. To this end, only healthy food items should be included in children's lunchboxes. See *Appendix One* for a list of food items that may / may not be included. Unacceptable items will be removed and returned to parents at the end of the nursery session.

Drinks

Many readily available soft drinks contain high amounts of sugar or artificial sweeteners, or are highly acidic, which can damage children's teeth. Startwell recommends only water or milk for children to drink. Fresh drinking water will be available at all times. In addition, nursery will offer the choice of fresh milk at snack time and also at lunch time. Nursery will provide open top cups for all drinks; toddler cups with a spout are not age appropriate and should not be used.

Food sharing

It will be explained to the children that food sharing is not allowed due to the risk of allergies or religious / cultural requirements.

Cooking

New Life Nursery School believes that cooking with children is a vital skill in aiding their development. When staff cook with the children they will ensure that:

- All cooking activities are risk assessed.
- Health and safety regulations will be complied with.
- At least one member of staff will hold a Level 2 Food Hygiene Certificate.
- Food will be prepared in an appropriate way with full consideration to children's religious and cultural values, food sensitivity and allergies.

Related Policies:

Messy Play Policy

Accidents, Illness and Medicines Policy

Review Date: August 2023