

# Blackhall Nursery

## Food Provision and Nutrition Policy

Snack and lunch should be an enjoyable, social occasion for children and staff, and an opportunity to share positive interactions and promote learning across the curriculum. Blackhall Nursery is committed to offering children healthy, nutritious and balanced meals which meet individual needs and requirements and which follow nutritional guidance for the under 5s.

This policy and the provision of food within the Nursery is guided by the **Scottish Government's Nutritional Guidance for Early Years, Setting the Table guidelines, Food Matters, Cook Safe and Good Practice Guidance: prevention and management of choking episodes in babies and children (Dec 2019)**.

The Snack and Lunch Policy will form part of the Nursery's Health and Wellbeing programme and aims to meet the obligations of the Nursery to deliver safe care to Nursery children and staff as set out in the **Codes of Practice for Employers of Social Service Workers and Social Service Workers and the Care Inspectorate Keeping Children Safe – Practice Note Supporting Positive Mealtime Experiences in ELC**

At Blackhall Nursery we work to ensure that food preparation and provision is carried out to the highest of standards by staff members through:

- Possession of the required Food Hygiene and Health and Safety certificates;
- knowledge of current nutritional guidelines;
- efficient management of the kitchen;
- purchasing resources from reputable suppliers;
- using staff expertise in creative cooking and baking with children;
- liaising with children, staff and families over individual needs and snack menu ideas and responding to these;
- consulting with children in the creation of snack menus;
- involving children in food preparation;
- interacting with children to encourage healthy eating and to promote learning;
- preparing dishes which celebrate cultural diversity and festive traditions.

In addition:

- Staff will follow the routines and procedures laid out in the Snack Procedure and Lunch Procedure guidelines (Appendix). These will be displayed in the kitchen and included in the Practitioner Handbook. Staff will sign these to demonstrate their understanding and will be accountable for following these procedures at all times;
- the quality of the lunch provision by an outside supplier will be monitored to ensure that it follows the relevant guidelines (as above);

- we provide nutritious food at all times, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings;
- snack will include a portion of carbohydrate and a choice of fruit and / or vegetable;
- full fat milk or water will be served;
- fresh drinking water will be available at all times both inside and outside;
- individual dietary requirements will be respected using information gathered from parents/carers regarding their children's needs, including allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work with parents to put in place an individual dietary plan for their child;
- food will not be allowed to be consumed if brought in from home, unless staff are able to see the packaging in order to check the ingredients;
- a child dietary notice is displayed within the snack area for staff reference;
- staff will show sensitivity in providing for children's diets and allergies and not allow children to feel singled out as a result of this;
- staff will use snack and meal times to help children to develop independence through supporting hygiene, making choices, self-serving food and drink and clearing up after eating. Staff will support children to make healthy choices and to understand why this is necessary;
- we will provide both familiar and unfamiliar foods. Children who choose not to eat will be encouraged to try but their choice will be respected;
- parents /carers will be advised if their child is not eating well;
- children will be given time to eat and will not be rushed;
- children will not be left alone when eating / drinking to minimise the risk of choking;
- staff are trained in first aid and in managing allergies.

This policy links to: Curricular Area: Health and Wellbeing  
Health & Social Care Standard: 1.33 – 1.39

Care Inspectorate Quality Framework:1.1  
UNCRC Articles: 24

This policy replaces the previous Snack Policy

Adopted on: 21/06/2023