

## Food and Drink Policy

Any foods brought from home by children will be stored where appropriate and served to children ensuring that food hygiene requirements are met at all times. Food and drink will not be used as a reward or punishment. The nursery has cooked food delivered by Robinsons. These are based on a 3 week menu, and updated seasonally.

The Nursery is a nut free setting, and so we will not provide meals or snacks with nuts. Parents are also asked not to provide their child with nut based foods, such as; peanut butter and nutty cereals.

The sharing of food and refreshments can play an important part in the social life of the nursery as well as reinforcing children's understanding of the importance of healthy eating.

The Nursery strives to meet nutritional needs of all children in its care. Fresh drinking water is available for all children. Hot/cold meals/snacks are offered to the children when at nursery.

The Nursery will consult with parents/guardians regularly on their views of the Nursery diet. The Menu is displayed in the nursery and on the website. Any changes will be discussed with the catering company. Parents advise the nursery about any special dietary requirements, preferences and food allergies if a child has any. Nursery staff make sure that meet the requirements when serving food.

It is mandatory that all food and drink served to children strictly complies with the food hygiene standards.

### Managing Children with Allergies

We cater for healthy children and promote health through identifying allergies and preventing contact with the allergenic substance. This may mean that we gain advice from outside agencies but every effort will be made to accommodate a child's allergy.

## The Willows Day Nursery

All children with a diagnosed allergy will have a pink card displayed, stating their allergy, what will happen to the child and what emergency medicine must be administered

### Preparing and feeding Infant bottles

Bottle feeding as an important part of the bonding process between the child and their Key Person. Milk time represents a social time for children to interact, learn, get to know and develop bond with staff, meeting each child's individual needs. Bottles will be made fresh for the child's feed times.

All new staff are trained in sterilising and making bottle feeds for the babies. We have procedures in place to ensure staff follow step by step guidance of the correct way to handle infant formula.

Reviewed 15<sup>th</sup> July 2024