



# Nottingham Nursery School & Training Centre

## Food Policy

September 2020

Our school is committed to providing an environment that promotes healthy eating, and enabling children to make informed choices about the food they eat.

The school will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children. No meat is prepared or served at the school.

The school is mindful of its responsibilities and obligations under the Food Safety Act 1990 and subsequent regulations for food for children under 5 (The Caroline Walker Trust). The school has its own kitchen and cook on site, and has a catering contract with the Local Authority. All food is freshly prepared and menus are displayed for parents. Staff who manage childcare times or snack hold Food Safety certificates. Children eat lunch in a family service system with staff in the hall. They are taught to eat with appropriate cutlery and to scrape their plates after eating.

As part of a child's settling in period, the school requires that the parents and carers complete the Admissions Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The school will ensure that food and drink offered to children takes account of this information to safeguard their health, and meet – as far as possible – their particular preferences.

The school is committed to embracing the cultural and religious diversity of our families. The school will work with parents/carers to ensure that any particular dietary requirements are met. The school helps to introduce children to different cultural festivals and events through different types of food and drink. Children with specific allergies to food are required to provide a letter from the health authority before the catering contract can provide specific items.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward. Children are actively encouraged to try new foods, both at lunchtime and as part of snack time.

The school recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, the school will endeavour to make a variety of foods available including plenty of fruit and low fat and low sugary food. Sandwiches and toast can be made with either brown or white bread, depending on a child's preference. Snack is always a piece of fruit or vegetable and a carbohydrate item such as flapjack or scone.

The school will not provide sweets for children and will not allow parents to bring in sweets or birthday cakes. The school provides fresh drinking water at all times. Milk is offered as an alternative at snack time. Low sugar squash and hot chocolate are sometimes offered when the children are in the Forest Garden.

Children grow vegetables in our 'allotment' and these are eaten raw or cooked by the school kitchen. Fruits from Forest Garden are also picked by the children and offered as snacks, smoothies, etc. Free healthy eating / cooking classes for parents are provided whenever possible.

This policy will be reviewed every 3 years.