

## Food and Drink

### Aim

Loseley Fields Children's Centre regards meal & snack times an important part of a child's/family's routine. Eating represents a social time for children, babies and adults; this is a time to share their day, their feelings and ideas and a time to learn about food and healthy eating.

Healthy eating is promoted within the nursery and within the groups run by the children's centre. Allergies/food intolerances are taken into account throughout the centre

### Methods

#### Nursery

- Before the child starts at Loseley Fields Children's Centre we will find out from the parents/carer what the child's dietary requirements are including any allergies or intolerances.
- We record the information on the child's All About Me form which the parents/carer sign to signify that it is correct.
- We regularly consult with parents/carer to ensure that our records are up to date.
- We display any dietary requirements, allergies or intolerances on the dietary form which is located in the childcare rooms and in the kitchen in the locked cupboards.
- We display the menu for the week on the parents/carer board in the childcare room so everyone knows what we are having.
- We use Zebedee's for the children's lunch, tea and snacks. These are delivered to the nursery daily, served into smaller containers so the children can serve themselves once seated at the table.
- Zebedee's uses seasonal produce and make their own stocks, soups and sauces. Everything is made from scratch.
- Zebedee's cater for our youngest children and have separate menus for these children, early weaner which is just a vegetable lunch with a fruit pudding, meat weaner which is meat and vegetable lunch with a fruit pudding, Babies which are still trying foods and it is a very simple menu and older children who can have everything from noodles to shepherd pie.
- Zebedee's will probe the food at their kitchen, once we have opened their containers we will probe the food and record the temperature on the chart which is located in the kitchen.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- If a child has a dietary requirement, an allergy or intolerance Zebedee's try to make their meal look the same as everyone else so not to make the child feel singled out.
- We organise the mealtime so the children are in a family style dining setting. To encourage independence the children will serve themselves food and drink using the appropriate utensils.
- We have fresh water constantly available for all the children. In the over two's room they can help themselves through the nursery day to the water fountain using a drinking cup and the under two's room have fresh water or cooled boiled water available in a training cup or bottle.
- The children who come in the early morning between 8am and 8.30am can have breakfast at nursery this will consist of cereal, toast, milk or water to drink and fresh fruit.

- Parents are asked to provide formula milk made up for the day for the babies. The nursery will provide full fat pasteurised milk for all the other children.
- Loseley Fields Children's Centre promotes breast feeding and is happy to accept expressed milk for the babies during their day. We are also happy for mothers to breast feed in the nursery.
- The nursery will provide easy to name labels for each of the babies bottles so the bottles are labelled so everyone can see which bottle belongs to which baby.
- The nursery staff will wash out the babies' bottle and put them in the child's nursery bag but these bottle will not be sterilised. This will be explained to the parents/carer so they know that they need to wash the bottles at the end of the day at nursery.
- Each baby has its own daily diary which the staff will write down what the baby has eaten, how much and how much of their bottle they have had. This is a way to record what the baby is eating and can be used to look back to see what they have had if a problem were to occur.
- The staff use the bottle feeding chart to record what time they had their bottle, the amount they have had, which staff gave it to them and who checked the bottle.
- On each fridge there is a weekly temperature reading chart to check the fridge is at the correct temperature. The maximum temperature of chilled food is 8c, refrigerators should operate at 5c or below. Freezers should operate at -18c or below.

### Family Services

- Groups run by the family services team may incorporate a snack time or mealtime. Food served will promote healthy eating and will cater for allergies/food intolerances wherever possible.
- Water and other drinks are available throughout the sessions.
- Loseley Fields Children's Centre promotes breast feeding; mothers are welcome to breast feed their child when accessing the services.

### Useful resources and websites

<http://www.eatwell.gov.uk/agesandstages/children/>

This policy was written for Loseley Fields Children Centre.

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