

# food and drink policy

The Nursery regards snack and meal times as an important part of the Nursery day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

The children will be provided with 1/3 pint of milk or water if preferred. Children are able to access drinking water throughout the day.

## **Baby Milk**

Parents/carers are requested to bring in bottles containing sterilized water. Powdered milk should be in a separate container. Staff will add the powder when the child needs a bottle.

The Nursery will provide a mid-morning and afternoon snack - we aim to promote healthy eating. In order for the Nursery to keep the fees to a minimum the Nursery would very much appreciate if parents/carers would donate a piece of fruit or vegetable each week. These foods will be shared amongst the children at snack time. The Nursery endeavours to meet with every child's individual dietary needs.

If your child's morning session finishes later than 12 noon they will require a packed lunch. The Nursery would appreciate it if parents/carers could purchase a lunch box from the Nursery at a cost of £1 (if all lunch boxes are the same size and shape the Nursery is able to maximize on space in the refrigerator). We highly recommend healthy foods, for example sandwiches, pitta bread, cheese, yoghurt, fruit (please cut grapes in half), vegetables etc. Please, no crisps, sweets or chocolate bars. There is no need to provide your child with a drink, as drinking water is provided. For the wellbeing of your child's learning and development it is important that they have a healthy balanced diet.

If you would like some advice or suggestions regarding the lunch you provide for your child please speak to a member of staff.

If your child is in the Nursery later than 4.30pm you are welcome to provide them with a 'finger food' tea, hot food will still be given to the under one year olds. The Nursery regrets that we are unable to feed older children cooked meals at this time of day, but fully understand that some parents want their child to have something hot to eat. The College has excellent child-friendly eating areas; you would be most welcome to use these facilities at any time of day.

It is important that foods are transported as safely (avoiding heat) as possible to Nursery. On arrival all foods are put into the refrigerator. If you arrive on the College site early, before your child is due in the Nursery and you would like to safely store your child's lunch/milk you are welcome to use the Nursery refrigerator.

## **Nuts**

Some children have a life threatening allergy to nuts, therefore the Nursery requests that no nut products may be brought into the Nursery environment. This includes peanut butter.