



Childhaven Community Nursery School
13 Belgrave Crescent
Scarborough
North Yorkshire
YO11 1UB
Tel: 01723 373231

Email: admin@childhaven.n-yorks.sch.uk Website: www.childhaven.co.uk
Mrs Kathryn Firth BSc (Hons) PGCE, MEd in Early Childhood Education

Nutrition and Food Policy.

Our Aim:

This policy is in place to inform parents and team members about nutrition, healthy eating practices and mealtimes at Childhaven Nursery School. It is in place to help identify and cater for individual food requirements and to promote healthy eating in a relaxed atmosphere.

We recognise that healthier children learn more effectively and we strive to have an impact on health-related issues such as obesity and poor dental health which are significant factors.

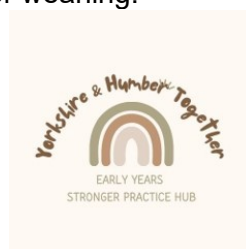
We understand that early food experiences have an important effect on adult eating patterns and may influence attitudes to eating. Therefore, Childhaven Nursery School is committed to ensure that the food provided supports the development of healthy eating practices in future.

Meal times are enjoyable social occasions which provide an opportunity to encourage good communication skills and language development. Mealtimes are also when children's natural curiosity for exploring new concepts will be extended to introduce new tastes and textures.

We also use meal times as the opportunity to sit together, develop a sense of belonging and breathe out.

Staff Responsibilities

- At each mealtime and snack time the **lead** member of staff will be responsible for checking that the food being provided meets all the requirements for each child.
- Lead staff will have ongoing discussions with parents/carers where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. The information will be kept up to date and shared with **ALL** staff.
- Individual dietary requirements required for medical or cultural reasons will be respected and where possible catered for. We will gather information from parents regarding their children's dietary needs. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child.
- All staff are trained to be aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods which is sometimes called complementary feeding or weaning.



- All staff will ensure that babies and young children are seated safely in a highchair or an appropriately sized low chair while eating.
- Children will always be in sight and hearing of a member of staff whilst eating. Staff should sit facing children whilst they eat to prevent choking and prevent food sharing in case of any other children with allergies.
- All staff have valid paediatric first aid certificate.
- Any choking incident that requires intervention will be recorded and the details about where and how the child choked. Parents/carers will be informed and made aware.

We ensure that:

- A balanced and healthy breakfast, evening meal and two daily snacks are provided for children attending a full day at nursery.
- Tea time menu's are planned in advance, rotated regularly and reflect cultural diversity and variation. These are shared on 'Class Do Jo' for parents to read weekly.
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- Menus include servings of fresh fruit and vegetables.
- Fresh drinking water is constantly available for all children to independently access. All children are encouraged to drink water throughout the day.
- Individual dietary requirements required for medical or cultural reasons will be respected and where possible catered for. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child.
- We promote healthy eating using resources and opportunities within the nursery. These include:
 - Books
 - Talking to the children about eating healthy during play
 - Photographs
 - Songs
 - Growing our own fruit and vegetables at nursery in the garden.

During meals, the adults will:

- Make meal times an enjoyable, social occasion.
- Use meal and snack times to help promote children to develop independence by:
 - *Setting the tables,
 - *Participating in the preparation of meals and snacks when appropriate
 - *Making choices,
 - *Serving food and drink, and feeding themselves
- Encourage children to eat the 'healthy' components of their meal before any 'treats' and talk about the difference between savoury and sweet.
- Model good eating habits by sitting talking and at times eating meals with the children.
- Encourage lots of conversation, table manners, and use of words such as 'please' and 'thank you'.
- Use photographs as a discussion point at the table to encourage further conversations whilst eating together.

*separate Infant (0-2) feeding policy

Policy put in place: July 2025

Next review date: July 2026



**National Nurturing
School Award
2025**

