



Wise Owls Nursery School ensures that all food and drink provided for the children, staff and visitors is homemade, using good quality ingredients. We are a vegetarian and vegan nursery school.

Breakfast

- Breakfast is available daily,
- We offer different varieties of cereal, wholemeal toast, crumpets or fruit bread with dairy free spread, fresh Fruit
- Milk drinks at breakfast time include cow's, soya or oat milk.

Menus

- Wise Owls Nursery is proud to offer mostly vegan meals with vegetarian cheese options.
- The menu will include fresh vegetables, tofu, legumes such as lentils, beans, chickpeas and variety of pasta, rice, quinoa or couscous. Nutritional yeast and Marmite is added for balancing vitamin B12 in the vegan diet.
- Menus are reviewed twice each year, Autumn/Winter and Spring/Summer, and take into account seasonal fruit and vegetables where ever possible.
- Wise Owls Nursery cook all food on the premises, making sure that the temperature logs are monitored and food is not cross-contaminated.
- Menus are on display for parents and are followed at all times.
- Recipes for all meals will be available to parents upon request. Staff will follow recipes when preparing and cooking food.
- Healthy snacks , tooth friendly snacks will be offered mid-morning and mid-afternoon. They will consist of a variety of healthy foods and will compliment both the lunch and tea.
- The children are offered a choice of water to drink at snack times and throughout the sessions.
- The children wash their hands before breakfast, snacks, lunch and tea.

Food and Drink

- Wise Owls Nursery will provide all meals, drinks and snacks for the children throughout the day therefore we do not accept any food or drink items brought in from home. With the exception of breast milk or formula milks.
- Any of these items brought in from home must be clearly labelled with the child's name and a list of the contents/ingredients.



Dietary Requirements

- All staff should be aware of children's individual dietary requirements, and information is displayed in the kitchen and the Treetops food preparation area.
- It is the child's key person responsibility to ensure this information is kept updated, and that other staff are informed of changes.
- It is important to ensure that children with special dietary requirements are not singled out or made to feel different, and that parents' wishes are respected at all times.
- All staff are aware of the need to inform "bank" staff and students as appropriate.
- It is procedure that all children in Wise Owls Nursery have their own food mats with a medically confirmed food allergies or 'lifestyle choice' dietary requirements, for example specification of vegan requirements, allergens or parental food preferences.

Staff Training

- All permanent nursery staff hold a level 2 certificate in food safety which will be refreshed every 3 years in line with best practice guidelines.

Communication with Parents

- It is the responsibility of the child's key person to communicate with parents regarding a child's dietary requirements and share with the nursery directors.
- Parents must be informed that the menus are on display.
- The nursery will provide alternatives for medically confirmed allergies and intolerances only.
- At the end of each day the parent will be informed of how well and what their child has eaten during the day.

Hygiene at meal/snack times

- All staff set an example of good hygiene, and wash their hands with the children before meals.
- Tables and chairs are cleaned before and after meals and snacks, and the floor swept.
- The children also have their hands and faces washed after a meal (at the sink, using baby wipes or with individual flannels).



Mealtime supervision

- It is important to treat meals and snacks as social occasions, and for the atmosphere to be calm, well-mannered and sociable.
- Staff sit with the children and avoid standing over them.
- Children are encouraged to try all the food, but never coerced or forced to eat or drink anything.
- Children serve themselves. If children are requesting second helpings of pudding they should be offered a piece of fruit instead.
- Where there is a problem with a child not eating, we will liaise with parents, and be prepared to be flexible, taking the age and health of the child into account.
- Under no circumstances do children have their food taken away from them as a form of punishment.
- Children are encouraged to say “please” and “thank you,” and not to talk with a mouthful.
- Staff will offer assistance where appropriate, but encourage children to eat by themselves where possible.
- Babies are encouraged to hold a suitable spoon whilst being fed with another spoon; continue with finger foods as the child moves through the different stages of weaning.
- Older children are encouraged to help set the tables, to scrape their plates and clear away afterwards, and to serve (as much as possible) their meal/pudding themselves.

Drinks

- Children are offered water at snack, lunch and tea times, in baby cups or open top cups, according to the staff’s knowledge of each child’s age and requirements.
- Children are offered choices, from as early age as possible. The older children (Hedgehogs and Bluebirds) are encouraged to pour their own drinks.
- Each child must have access to the water in the room, which is available throughout the day.
- If parents wish for their child to continue to drink formula milk after their 1st birthday then parents must provide it.

Food Activities

- Activities that encourage children to recognise healthy choices and the importance of a healthy diet and lifestyle are embedded in every day practice.
- Teaching children where their food comes from is also very important.
- Wise Owls Nursery have an area where the children can grow their own fruits and vegetables.
- The children are encouraged to look after the fruits and vegetables and harvest them when the time comes.