



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 8.15- 9.00am
- We offer different varieties of cereal, wholemeal toast, crumpets or fruit bread with dairy free spread, fresh Fruit
- Milk drinks at breakfast time include dairy, 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.
- Dishes are adapted daily and take into account seasonal fruit and vegetables wherever possible.
- Menus are tailored to reflect the varied cultures of the children within the setting.
- Wise Owls Nursery cook all food on the premises, making sure that the temperature logs are monitored, and food is not cross-contaminated.
- Dishes are shared with parents daily via the family app.
- Recipes/allergen details for all meals are available to parents upon request.
- Healthy snacks, tooth friendly snacks will be offered mid-morning and mid-afternoon. They will consist of a variety of healthy foods and will complement the lunch.
- The children are offered water to drink at snack times and throughout the sessions.
- The children wash their hands before breakfast, snacks, lunch and throughout the session.

### **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 or volunteers as appropriate.
- Information on children's allergen and dietary requirements are also available as a list in the food preparation areas in the kitchen and the Treetops.

## **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. This will also be discussed and recorded during the child's settling process.
- Parents are informed of the daily menu via Family.
- The nursery will provide alternatives for medically confirmed allergies and intolerances only.
- Parents are updated on what their child has eaten during the day via Family.

## **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.
- Children are encouraged to try all the food, but never coerced or forced to eat or drink anything.
- 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.



### **Drinks**

- Children bring their own, named beaker/water bottle to nursery. This is available throughout the day and is re-filled during the session.
- 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 and is threaded through the curriculum.

### **Food Issues**

- Where there are concerns surrounding a child not eating, we will liaise with parents and offer ideas with which to encourage a positive attitude to eating.