

Nutrition and Food Policy

Bloom Day Nursery is committed to establishing healthy eating habits in children aged 0-5. This policy applies to all children, parents, staff, volunteers and students during their attendance within Bloom Day Nursery. (Statutory Guidance of the Early Years Foundation Stage April 18 3.47 – 3.49)

Children will be encouraged to try new tastes, textures and flavours and to experience food from other cultures whilst ensuring children experience familiar tastes and healthy foods they enjoy too.

All foods provided at Bloom Day Nursery will be healthy, nutritious and balanced and where necessary tailored to suit individual dietary requirements. The nursery team will promote a positive attitude to healthy eating through daily routines, planned curriculum activities and general discussions.

As a setting committed to healthy eating we ask that parents do not send unhealthy snacks in with their children. Snacks and meals are provided throughout the day but if you feel your child needs something extra we ask that it is healthy.

Bloom Day Nursery is a nut free nursery

Fresh drinking water will be supplied and made available to all children throughout the day. Children will be fully supervised at all meal times and staff will role model good table manners and hygiene practices according to children's individual age ranges. Children will be encouraged to be as independent as possible during meal times with support from Key Carers according to their age and stage of development.

Areas of the provision will be suitably equipped to provide a safe and hygienic place for snacks and meals to be enjoyed. All equipment will be thoroughly cleaned after each use and good hygiene practices will be adhered to and promoted at all times.

Menus will be displayed on the parent notice board and also detailed on the Bloom Day Nursery website at: www.bloomdaynursery.co.uk

Children's individual dietary requirements and/or preferences will be detailed on the contract at the time of enrolment including any allergies a child may have or special health requirements. Any specific dietary requirements of a child will be displayed in the kitchen and within the rooms and different coloured bowls/ plates will be used for children with dietary requirements. Key practitioners will know the dietary requirements of all children in their room.

Bloom Day Nursery is required to notify the local authority Environmental Health Department and Ofsted in relation to two or more cases of food poisoning. This should be done as soon as possible and/or within 14 days of the outbreak. Parents are also asked to inform the nursery regarding any signs or symptoms of food poisoning that a child may have at home. The infection control procedure must be followed if the need arises.

Jill Mackey, nursery owner, is responsible for overseeing all aspects of food preparation and production within Bloom Day Nursery.

Date of Review: March 2018