



Food Policy

Date approved and agreed by Governing Board	March 2022
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Lark Hill Nursery School takes the promotion of healthy food habits seriously as it contributes to children's long term health. We provide snacks and meals which are healthy and that meet children's individual dietary needs. We regard snack and meal times as an important part of our day. Meal times represent a social time where children can learn about healthy eating.

We aim:

- To ensure that all food and drink provided is healthy in appropriate portion sizes, looks good and tastes good.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of children and staff e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members are aware of these.
- To raise awareness of free school meals for parents and carers.
- The school works in partnership with our lunchtime caterer to ensure we offer a balanced school meal.
- Packed lunches are stored safely and are expected to meet healthy guidelines.
- We encourage children and to stay hydrated through drinking water frequently, we only promote water and milk as the safe drinks for teeth. Water is available throughout the day.
- We operate an ethical policy on sponsorship by confectionary and fast food companies.

Procedures

The Nursery follows these procedures to promote healthy eating:

- Before a child starts at the Nursery, parents provide details about their child's dietary needs and preferences, including any allergies.
 - Each child's dietary needs are recorded on admission forms
- The Nursery shares current dietary information about individual children so that all staff are fully informed of them.



- The Nursery implements systems to ensure that children only receive food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes. (note on table cards for lunchtime and list in the kitchen where snacks are prepared)
- Families can choose if their child brings a packed lunch or they pay for a cooked meal.
- Our caterer, By request has planned in consultation with us a balanced four week menu (see appendix) (The Nursery menu includes a variety of foods from the four main food groups: - Meat, fish and protein alternatives- Dairy foods - Grains, cereals and starch vegetables - Fruit and vegetables). The caterer provides a meat or fish option and a vegetarian alternative each day.
- The Nursery provides fruit or vegetables as snacks on our self-serve snack table
- The Nursery takes care not to provide foods which contain nuts or nut products and are especially vigilant where we have a child or adult who has a known allergy to nuts.
 - The Nursery use meals and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- The Nursery will have fresh drinking water available for the children at all times.
 - Nursery staff will provide feedback to parents regarding how their children have eaten through Tapestry or/ and face to face if their child's eating is a concern.



Appendices

Examples of letters we send out



Healthy packed lunches



We take our part in promoting the children's health very seriously.
A typical, healthy packed lunch could be a sandwich, pasta, wrap or rice cakes
(the recommended amount of bread for young children is 1 piece per meal
or 1 roll or 1 wrap)
Fruit
Yoghurt

Children are not allowed to have any types of cake, biscuits, chocolate, sweets, cereal bars or any processed foods including peparami or lunchables as part of their packed lunch.

A healthy balanced diet for children aged one to four years is based on the four food groups listed below.

1) Potatoes, bread, rice, pasta and other starchy carbohydrates

(White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato)

2) Fruit and vegetables

Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit
Dried fruit such as raisins or apricots

3) Beans, pulses, fish, eggs, meat and other proteins

Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads

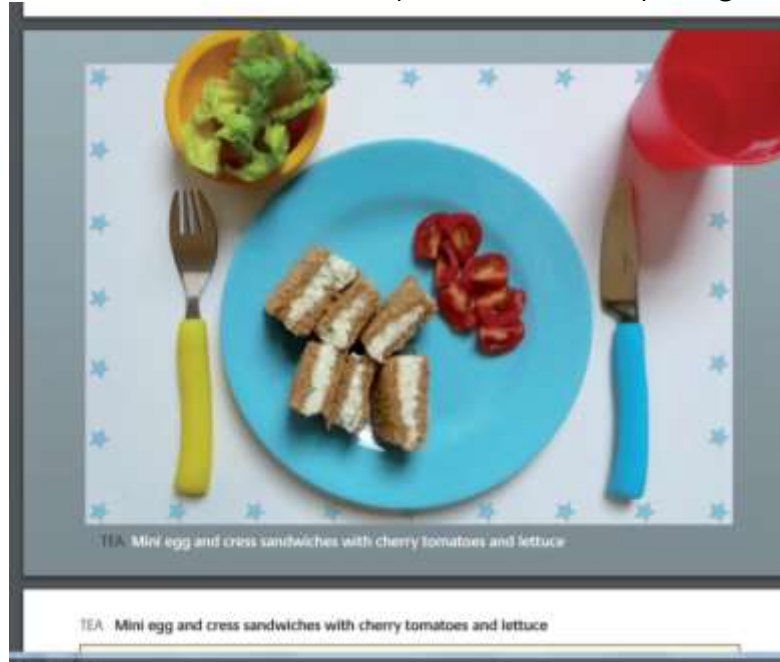
4) Dairy and alternatives

A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.

Portion size

<https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-1-4Tea.pdf>

In our research about children's eating we have found this useful booklet which has helped us think about the portion size of food which children need. We think as adults we tend to give children too much, partly to make sure they have choice or to encourage them to eat something but often it is far too much. These photos give an idea of the recommended portion sizes for young children.



- Over a fifth of children are either overweight or obese by the time they join Reception class in Primary School
- Type II diabetes, which usually appears in adulthood, is starting to be seen among some overweight children.
 - Dental health is poor in many young children.
- More than one in four young children in the UK may be at risk of iron deficiency.
- **Some children eat mainly foods that are low in energy, iron and vitamin A, and high in saturated fat, sugars and salt.**



- Many young children also eat fewer than the recommended five portions of fruit and vegetables each day.

Eat better start better

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Please send your child's lunch in a named lunch box, disposable bag or a named washable plastic container.

Many thanks

Our four week lunchtime menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Oven baked burger in a soft roll with baked beans Veggie burger Mini yoghurt pots	Ham and pasta bake Mushroom pasta bake Mixed green salad Fresh fruit platter	Fish fingers Egg salad Tomato wedges and peas Mini yoghurt pots	Chicken curry and rice Veggie curry Fresh fruit platter	Fish pie Veggie bake Mixed veg Mini yoghurt pots
Week 2	Chicken casserole Chickpea casserole Broccoli Min yoghurt pots	Tuna and pasta bake Mixed peppers and pasta Carrots and cucumber Fresh fruit platter	Cheese and tomato pizza Carrots Mini yoghurt pots	Sausage hot pot Chick pea hot pot Beetroot Fresh fruit platter	Pork stir fry Veggie stir fry Basmati rice Mini yoghurt pots
Week 3	Mild chilli with rice and wraps Veg chilli Fresh fruit platter	Lamb casserole New potatoes Mini yoghurt pots	Steak hot pot Sweet potato hot pot Peas Fresh fruit platter	Spaghetti bolognaise Quorn bolognaise Green salad Mini yoghurt pots	Pork curry and rice Chickpea curry and rice Fresh fruit platter
Week 4	Cottage pie Cheese and lentil rissoles Baby carrots Mini yoghurt pots	Filled pitta pouches Pepper filled pittas Potato wedges Fresh fruit platter	Fish cake Garlic and cream cheese bites Jacket potatoes Sweetcorn Mini yoghurt pots	Lasagne Veggie lasagne Mixed leaves Fresh fruit platter	Chicken kebab Veggie kebab Vegetable rice Mini yoghurt pots