Food and Nutrition Policy

Introduction

At our nursery snack and mealtimes are an essential part of the day, contributing not only to children's nutritional needs but also to their social and emotional development. We understand that food is an important part of everyday life and we aim to foster an environment where children develop healthy eating habits, respect for food and awareness of cultural practices, including those related to Judaism.

We are committed to providing children with nutritious, age-appropriate food that meets their dietary needs and supports their well-being in line with **EYFS 2025**.

What We Aim to Do

- We provide nutritious, kosher food that meets the dietary requirements of the children in our care. When serving milky foods, we adhere to Chalav Yisrael standards.
- Our meals are designed to support children's growth, development and health by providing balanced meals that include essential nutrients such as proteins, vitamins and minerals.
- We aim to create an inclusive environment that respects cultural and religious dietary needs, ensuring that all children feel safe, valued and respected in the nursery.

How We Will Achieve This

Dietary Needs and Allergies

- Before admission we gather detailed information on each child's dietary needs and allergies, including religious or medical restrictions.
- This information is recorded in our online system and discussed with the child's Key Person and Room Leader during the Welcome Meeting.
- We maintain regular communication with parents to ensure the records are up-to-date and changes are agreed upon and documented.
- Any changes to dietary requirements are discussed with parents and reflected in the child's care plan.

Nutritious and Kosher Food

- We only provide food and drink that complies with the KLBD (Kosher London Beth Din) list. When milky foods are served they meet the Chalav Yisrael standard.
- We ensure that meals are nutritionally balanced, containing appropriate portions of protein, healthy fats and vitamins. We avoid foods high in fat, sugar, salt and artificial additives.

- Our menus are shared with parents in advance to ensure transparency and to allow for any necessary dietary adjustments.

Promoting Healthy Eating Habits

- We encourage children to try new foods and develop a taste for nutritious options, while also offering familiar foods they enjoy.
- Practitioners model healthy eating choices and encourage children to explore and enjoy their food at mealtimes.
- Children are taught about the importance of vitamins, minerals and making healthy food choices, including foods that are **rich in Vitamin C.**

Meal and Snack Time Organization

- We aim to make **mealtimes a social, enjoyable learning experience where children can develop their independence**. Children are encouraged to make choices, serve themselves and feed themselves with the appropriate utensils for their age and developmental stage.
- Babies and young children are seated safely in highchairs or appropriate low chairs during meals and meal areas are designed to minimise distractions.
- Fresh drinking water is available at all times and children are encouraged to help themselves.

Oral Health Education

- We talk to children about the importance of oral health, including topics like brushing teeth and avoiding sugary foods that can harm their teeth.
- We encourage children to make healthy choices by discussing which foods are good for their teeth and overall health.

Food Hygiene & Safety

We adhere strictly to food hygiene standards to ensure children's safety and well-being:

- All food handling staff **hold Level 2 Food Safety and Hygiene certificates.**
- **Hygiene practices: We ensure that** all food is stored correctly, handwashing procedures are followed and food is prepared safely. Staff wear appropriate protective gear (aprons, gloves) and all utensils are cleaned regularly.
- A first aider is present during mealtimes to respond to any emergencies or allergic reactions.
- We ensure that children do not have access to food or drink that they are allergic to as per our Medication Policy.

Procedures for Food Preparation & Handling

- Staff wash hands under running water before handling food and after using the toilet.
- Raw and cooked foods are prepared in separate areas with different utensils, cutting boards and cleaning materials to prevent cross-contamination.
- We ensure all food is served at safe temperatures. If food is reheated, it is done immediately before serving and to the correct temperature.

- All food and drink are appropriately stored (refrigerated or kept piping hot) to prevent contamination.

Parental Engagement and Communication

- We consult regularly with parents to discuss their child's food preferences and dietary needs.
- Menus are made available to parents in advance and any changes are communicated promptly.
- We encourage parent involvement in meal planning and feedback on our food policy is welcomed to ensure that we are meeting both children's needs and family preferences.

Cultural and Religious Considerations

- We respect the religious dietary needs of all children. As part of our observance of Judaism, we ensure all food served is kosher and compliant with relevant dietary laws.
- We create an environment where children can learn about the cultural significance of food, promoting an understanding of diverse practices and traditions.

Food Poisoning and Illness

- In the event of food poisoning affecting two or more children, we will inform Ofsted immediately.
- All food handling staff are trained in food safety and hygiene to prevent the risk of foodborne illness.

Food Sustainability

- We encourage sustainability by sourcing food responsibly, minimising food waste and teaching children about eco-friendly food practices.

Date policy was reviewed	May 2025
This policy is due for review before	May 2026