



Food and Drink Policy

At ACE we provide the children with healthy snacks; during the morning, afternoon and after school club. The fresh fruit and vegetables we offer are altered weekly depending upon the choice the children make when we complete our 'fruit board'. We show the children a variety of fruit/vegetables and they place their name or mark under the one they like best and the most popular are then purchased for the following week's snacks. We offer the children seasonal fruits/vegetables and grow some of our own.

Mealtimes are a social occasion providing children with a variety of learning opportunities. Staff role model good manners, conversation and encourage new vocabulary and encourage children to try new foods and understand the value of good health and nutrition.

Children help prepare snacks for their friends by following the picture cards displayed in the kitchen. They illustrate how to wash the fruit/vegetables, peel/slice/chop etc and place on serving plates.

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|------------------------|---------------------|--|
| Snack choices include: | Served with: | Plus fresh seasonal fruit and vegetables |
| Crackers | Cream cheese spread | |
| Breadsticks | Humus | |
| Toast | Honey | |
| Rice cakes | Peas | |
| Pasta | Sweetcorn | |
| Cheese biscuits | Cheese | |

During snack time the children are able to choose from the selection and they have the choice of cow's milk or water to drink, which they pour themselves. Different types of milk i.e. Soya and Goats milk can be provided on request if this relates to a child's dietary requirements.

Morning snack time starts at 10.20am, afternoon snack time starts at 3pm and after school snack time is at 4.45pm.

The children bring in their own packed lunches in a lunch box and we recommend they have an ice block in them to keep the food fresh. We suggest children have a healthy nutritious lunch packed for them which will help sustain them during their busy afternoon. The lunches are arranged on a plate for the children by a member of staff and they are encouraged to eat the savoury before the sweet items. Any uneaten items are placed back in the child's lunchbox to allow parents to see what has been eaten that day. We ask parents not to include sweets and chocolates as part of their children's lunches, but use healthy alternatives. Please note that **ACE is a nut free nursery**.

Drinking water is available for the children to help themselves in all areas of the setting; inside and outside.

When a child joins ACE we require the parents/carers to complete a New Child Information Form which asks for any dietary requirements or allergies a child may have. This information is displayed in the kitchen for all members of staff to refer to.

We encourage birthday celebrations at ACE and welcome parents to bring in a birthday cake for the children to share. This cake must be vegetarian and nut free. If a parent would rather their child not participate in sharing other children's cakes this will be duly noted.

Food is not used as a reward or withheld as part of disciplining: children are encouraged and supported to eat the lunches they bring with them.

Policy Adopted: January 2018

Review Date: Spring term 2019

Signed: Lisa Tuohy

Position: Headteacher