



Food and Drink Policy

At ACE we provide the children with healthy – nut free - snacks during the morning, afternoon and after school club including seasonal organic fruit and vegetables which are delivered weekly.

Mealtimes are a sociable occasion providing children with a variety of learning opportunities. Staff role model good manners, conversation, introduce new vocabulary and encourage the girls and boys to try new foods, use cutlery and understand the importance of good health and nutrition.

Children help prepare the kitchen for snacktime; setting out the cups and plates, chopping fruits and vegetables and placing them on serving plates set on each table for the children to self select.

Snack choices include:

Crackers
Breadsticks
Toast
Rice cakes
Pasta
Cheese biscuits
Pitta break
Wraps
Crumpets

Served with:

Cream cheese spread
Humus
Honey
Peas
Sweetcorn
Cheese

Plus fresh seasonal fruits and vegetables

During snack time, as well as selecting the food they want to eat, the children are also able to pour themselves cow's milk or water to drink.. Other types of milk: Soya or goats milk for example are sometimes provided by the parent/carer for their child, if they prefer it, or it is a dietary requirement.

Please note: children's dietary requirements and allergies are taken into account when buying, preparing and consuming food in the nursery – we have an allergies notice board in the kitchen which is easily accessible for staff to refer to when preparing food each day.

Morning snack begins approx' 10.20am, afternoon snack approx' 2.45pm and after school snack is approx' 4.45pm.

The children bring a packed lunch in a named lunch box, often with an ice pack to help keep the food fresh. We suggest children have a nutritious lunch to help sustain them during their busy afternoon of play. They are helped to unpack their lunches and encouraged to eat savoury items first. Water jugs and cups are placed on the tables for the children to help themselves; cutlery, plates and bowls are also available for their use. After finishing, they pack their lunches away - uneaten items are placed back in the lunchbox. We ask parents to avoid adding sweets to their children's lunch, but use healthier alternatives.

Please note: ACE is a nut free nursery.

Drinking water is available for the children to help themselves to in all areas of the setting; inside and outside and regular drinks are encouraged by the teachers throughout the day, in addition to mealtimes.

Birthday celebrations are a wonderful time in the nursery; we offer parents the opportunity to bring in a birthday cake for all children to share if they would like to. This must be vegetarian and nut free – if made at home, we ask for a list of ingredients to be sent to the office ahead of time to ensure it is appropriate for all children to enjoy. If a parent would rather their child did not participate in eating cakes we make alternative arrangements without the children being overly aware.

Food is not used as a reward or withheld as part of disciplining – children are encouraged and supported to eat lunches and trying new foods offered as part of snacktimes, or cooking activities.

Policy Adopted: January 2023

Review Date: Spring term 2024

Signed: Lisa Tuohy

Position: Headteacher