

Little Oaks Day Nursery

Nutrition and Meal Times Policy

Meal times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Little Oaks Day Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individuals needs and requirements.

We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at nursery. Children who attend shorter sessions will be offered the meal available during their session times.
- Menus will be planned in advance, rotated over a four week period and reflect cultural diversity and variation. These will be displayed for the parents.
- We will provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- Menus will include at least five portions of fruit/vegetables per day.
- We value the comments and opinions of parents and children in planning the menu.
- Fresh drinking water will be constantly available and frequently offered to children and babies throughout the day. Water or milk will be offered at meal times. Juice can be provided by parent/guardian for those children will not drink water or milk. However it is nursery policy to encourage the child to drink water or milk whenever possible.
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs, including any allergies and preference and work alongside parents to put into place an individual diet plan for their child.
- Staff will show sensitivity in providing for children's diets and allergies. They will not use a child's diet or allergy as a label for the child, or make a child feel singled out because of his/hers allergy. Children with a preference will have their food served separately, when preference food is on menu for a particular day, otherwise the child is then free to take part in self service.
- Children with allergies will have their food served on a red plate at all times to prevent the allergen coming in to contact with the child. In the area of self self-service the cook will put the child's food into a separate serving dish to allow the child to continue self serving. The staff will then be responsible for ensuring the child serves the correct food. The cook and member of staff responsible for supervising a child with allergies will sign each child's allergy meal sheet and a member of staff will witness the food given to ensure it complies with the information provided. Children with allergies will have their own place mat (allergy passport) which will be placed in front of the child to highlight the child's allergies.
- Meals and snack times will be organised so that they are social occasions in which children participate in small groups. During meal and snack times, children will be

encouraged to use their manners and say “Please” and “Thank you” and conversation will be encouraged.

- Staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating.
- Where possible, staff will encourage children to self serve.
- Any child who shows signs of distress at being faced with a meal he/she does not like will be removed without any fuss. If a child does not finish his/hers first course, he/she will be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything, it is important to offer the children lots of praise and encouragement throughout.
- Children who are slow eaters will be given time and not rushed.
- Quantities offered will take into account the age of the child.
- We will promote positive attitudes to healthy eating through play opportunities and discussions.
- Little Oaks Day Nursery will provide parents with a written account of children’s feeding routines on a daily basis for those children under the age of 3.

September 2016

Little Oaks Day Nursery

Allergies and Allergic Reactions Policy

As a Nursery we are aware that some children may have allergies which may cause allergic reactions. We will therefore ensure all staff follow this policy to ensure allergic reactions are minimised or where possible prevented and staff are confident and fully aware of how to support a child who may be having an allergic reaction.

We will ensure that:

- Staff will be made aware of the signs and symptoms of a possible allergic reaction in the case of an unknown or first reaction in a child. These may include swelling, hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, wheezing and anaphylaxis.
- Information will be passed on by the parents from the settle pack during the first settle session regarding allergic reactions and allergies and will be shared with all staff via an allergy information sheet in every room.
- Each child will be risk assessed in relation to their allergy by a senior manager and a care plan developed which will be kept in the child's room register at all times. Each child will then be issued with a critical medicine box if required. The critical medicine box will contain information about the child's allergy and contain the necessary supplies for dealing with an emergency e.g. medication.
- All food prepared for a child with a specific allergy will be prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type.
- The manager, nursery catering staff and parents will work together to ensure a child with specific food allergies receives no food at nursery that may cause them harm. This may involve creating a separate menu for children with multiple food allergies.
- If a child has an allergic reaction to food, bee sting, plant etc. that requires an epipen, then at least two members of staff including the manager will receive specific medical training to be able to administer the treatment to each individual

child. At a minimum at least one member of staff in each room will also have a Paediatric First Aid qualification.

- A sick child above all needs their family, so every effort will be made to contact a family member as soon as possible.
- If the allergic reaction is severe a member of staff will contact the emergency services immediately. Nursery staff will not attempt to transport a sick/injured child in any nursery vehicles.
- Whilst waiting for an ambulance, we will contact and arrange to meet parents at the hospital.
- A senior member of staff must accompany the child and collect together registration forms, relevant medication sheets and medication and child's belongings. All other children will be distracted and moved away from the incident.
- Staff must remain calm at all times, children who witness an allergic reaction may well be affected by the incident will be give cuddles and lots of reassurance.
- All incidents will be recorded, shared and signed by the parents at the earliest opportunity.

Signed on behalf of the nurseryDate.....

Date of review.....