



# Oscar Bears' Day Care

## Food and Drink (Dietary requirements etc) Policy

### Introduction

All food provided at Oscar Bears Day Care is fresh and nutritious. Where possible Oscar Bears Day Care use local suppliers for the supply of fresh fruit and vegetables.

Oscar Bears Day Care work closely with parents and carers to ensure that all parties are happy with food, standard of food and the size of portions provided.

Meal times are a sociable time. Staff will sit with children and engage the children in conversations. Staff will help model appropriate table manners and assist children with using cutlery etc.

### Food and Drink

All meals including a Hot Lunch will be provided by Oscar Bears' Chef.

Staff who prepare and handle food receive appropriate training and understand and comply with food safety regulations.

Food hygiene documentation i.e. fridge temperatures are kept up to date and recorded as required. Oscar Bears Day Care makes use of the document 'safer food better business'.

Oscar Bears Day Care operates a no hot drink policy. Staff or visitors may not take hot drinks into the nursery buildings, other than the staff room.

Children are appropriately supervised at meal times, children do not walk around with food. Food provided is age appropriate (please see menus) and food such as grapes, cherries and cherry tomatoes are sliced in half or quarters to reduce the risk of choking.

All staff are made aware of children's allergies and sensitivities. Written information on this is kept in the kitchen area to assist at meal times.

Colour coded plates are used at meal times:

**Green – No Allergens**

**Red – Allergen** (For example Dairy Free)

Oscar Bears Day Care will work closely with parents and carers to ensure that all dietary needs are met. Drinks provided are cow's milk and water.

If requested by families, Oscar Bears' also provides Aptimil Follow on formula for under 1 year olds.

It is not encouraged to bring any juice or fizzy drinks into nursery. We regularly remind parents/carers of this and provide children with activities based around healthy eating and drinking, along with learning about oral health.



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Children are permitted to help themselves to a drink of water from their personal drinks bottle throughout the day. Drinks bottles/beakers are kept at child height and children are regularly reminded throughout the day. A cup will be provided if the bottle is forgotten.

Staff are not permitted to drink cans, fizzy drinks bottles or cartons around the children.

Staff are also not permitted to eat crisps, cakes or other high sugar, high salt snacks around the children.

This is put in place to promote an ethos of fairness throughout the nursery.

All staff drink water from cups or their personal water bottles.

## Meals and snacks times

Children are expected to take an active part in meal times.

Children are often invited to prepare snack at the table.

Snacks available include fruit, breadsticks and vegetable crudités. Fruit and vegetables are presented both whole and chopped, we believe that this is important in helping develop children's confidence with food and especially new food. Staff will ensure that all children access snacks and remind those that snacks are available.

Lunch is served at around midday and tea is served at 4:30pm. All children are expected to join in at the table at this time. Staff will also sit with the children and use it as an opportunity to discuss the different food out on plates, where it comes from taste, texture etc.

In the late afternoon a high tea is served, this consists of for example sandwiches, vegetables crudités and/or fruit option.

Breakfast is also served this is a selection of cereals

Parents comments and suggestions to improve our menus and add a variety are always appreciated.

## Special occasions

We recognise that when children have birthdays or a special event a nice way of celebrating these is with special food.

At Christmas and school leavers parties Oscar Bears Day Care will provide traditional party food. We will continue to abide by children's dietary and special requirements. We will always inform parents of these special events and seek to gain their reviews and opinions.

Suitable, tasty alternatives will be provided for children with dietary requirements.

*If parents wish to bring in a cake or food into nursery we request that it is in its original packaging with the label clearly showing the ingredients of the item.*

If the item is homemade we request that an ingredients list is also sent in, children can learn from homemade food being shared within the nursery. For example, learning about different cultures.



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## Special dietary requirements

It is our aim that children who attend Oscar Bears Day Care and have special dietary requirements grow up to be aware of the limitations in what they can eat but do not feel either different to their friends or excluded at meal times. Suitable alternatives will always be offered and where possible all children will be offered the alternative. For example, rice cakes instead of French toast, although on occasions there will be financial limitations to this. All staff will be made aware of any special dietary requirements by discussion with parents and registrations forms. This information will also be documented in the kitchen as a quick guide to staff.

At lunch time a meal with a special dietary requirement is dished onto a different labelled plate, to make sure all staff are clear when handing out lunches.

It is a parent's responsibility to inform us in the writing if a child's dietary need has changed.

*We require a doctor's note identifying any dietary requirements for the kitchen to adhere to.*

Written by: Tawny Bremner

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