



Food and Drink at Apples and Honey Nightingale

Policy statement

Apples and Honey Nightingale regards snack and mealtimes as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Mealtimes should be a happy, social occasion for staff and children alike. Positive interactions should be shared at these times and enjoyed.

Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies 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 her/his particular requirements.

Staff will set a good example and eat with the children and show good table manners. During meals and snack times children will be encouraged to use their manners and say 'Please' and 'Thank you' and conversation will be encouraged.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy)
- We record and display information about each child's dietary needs on the allergy chart displayed in the Nursery so that all staff and volunteers are fully informed about them.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, of vegetarians and vegans and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.

- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- For children who drink milk, we provide semi-skimmed pasteurised milk.

Kashrut Guidance

Apples and Honey Nightingale is a Kosher School. Please refrain from bringing anything other than fruit or vegetables into the Nursery or care home/Nightingale House.

For more information, please check in the Kosher Nosh Guide that hangs from the parents' notice board or ask a member of staff.

This policy was adopted at a meeting of	Date:	Apples and Honey Nightingale CIC
Held on	<hr/>	19 th December 2017
Date to be reviewed	<hr/>	19 th December 2018
	<hr/>	19 th December 2019
Name of signatory	<hr/>	Judith Ish'Horowicz
Role of signatory (e.g. chair/owner)	<hr/>	Director and Founder
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Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs