



# Oscar Bears' Day Care

## Oscar Bears Day Care - Food and Drink 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 the food, standard of food and the size of portions provided.

Menus will be placed in the entrance area in order for parents to see what their child will be eating at nursery.

Meals 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

Hot lunch at Oscar Bears Day Care will be provided by The easy lunch company.

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 drinks policy.

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

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. Parents should provide formula if required. It is not encouraged to bring any juice or fizzy drinks into nursery.

Children are permitted to help themselves to a drink of water from the water dispenser at any time throughout the day. Babies will be regularly offered drinks of water from their preferred drinking cup throughout the day. These are individually named

Staff are not permitted to drink cans, bottles or cartons around the children. All drinks must be decanted into cups.

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.

### Meals and snack times

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

All children are invited to prepare snack and lay the table.



Snacks are available between 9.45-10.30 (morning) and 1.45-2.30(afternoon), during this time children are can come and sit at the table and choose a drink and a snack. 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. To assist with free flow snack a self registration system will be developed. Staff will ensure that all children access snacks and remind those that don't that snacks are available.

Lunch is served at 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 on out plates, where it comes from taste, texture etc...

Food served at lunch time is a hot meal and pudding.

At tea time a high tea is served, this consists of sandwiches, vegetable crudités and a fruit option.

Breakfast is also served this is cereal or toast and a fruit option.

Parent's comments and suggestions in order to improve our menus and add variety are always appreciated.

### Special occasions

We recognise that when children have birthdays or other special events a nice way of celebrating these is with special foods.

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 views 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 ingredient list is also sent in, children can learn from homemade food being shared within the nursery. For example learning about different cultures.

### 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 registration forms.

This will information will also be documented in the kitchen area as a quick guide to staff.

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

Written by: Laura Mills

Reviewed: October 2013

Review date: October 2014

