

DIET AND NUTRITION POLICY

PRINCIPLES

Within Primrose Hill we promote and provide a nutritional and good balance diet for all children in our care. We work alongside the Health Promotion Agency for Northern Ireland with their standards from 'Nutrition matters for the early years'. With these standards in mind we understand the need and importance of a well-balanced diet for each individual child. The sharing of refreshments can play an important part in the social life of children in the nursery as well as reinforcing children's understanding of the importance of healthy eating. We ask that parent/carers share with us information about their children's medical and personal dietary requirements including any dietary changes so these can be catered for.

STATEMENT OF INTENT

Primrose Hill believes that:

- Every child has the right to a well-balanced diet
- Good nutrition is essential during early childhood this is also a vital stage for healthy teeth development
- We respect and understand that children do have dislikes and will provide a healthy alternative

The nursery will ensure that:

- Menus are planned in advance and food offered is fresh, wholesome and balanced.
- Menus are displayed for parents to see; all menus are rotated regularly and offer a balanced and nutritional diet. Each day we try to meet the 5 fruit and vegetables a day recommendation. As a setting we provide nutritious food at all snack and meal times avoiding large quantities of fat, sugar and salt, artificial additives, preservatives and colourings. Equally we recognise that children need certain amounts of fat and sugar to grow and develop.
- Menus will identify if any of the 14 listed allergens are present within the meal. These are:
 - ☐ Cereals containing gluten, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats
 - ☐ Crustaceans, namely prawns, crabs, lobster, crayfish

☒ Eggs

☒ Fish

☒ Peanuts

☒ Soybeans

☒ Milk

☒ Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts

☒ Celery (including celeriac)

☒ Mustard

☒ Sesame ☒ Sulphur dioxide/sulphites, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit

☒ Lupin which includes lupin seeds and flour and can be found in types of bread, pastries and pasta ☒ Molluscs like clams, mussels, whelks, oysters, snails and squid

- Drinks of milk and water will be offered to your child throughout the day. Water will be available at all times.
- We advise parents/carer if their child is not eating well.
- We will provide a good role model for healthy eating through staff sitting with the children while they eat.
- We give children plenty of time to eat.
- Where a main meal is offered, the following elements are included: protein for growth, carbohydrate for energy and essential minerals and vitamins in raw foods, salads and fruits.
- Ensure staff respect the right of children to refuse food they do not like, once they have been encouraged to try it. The withdrawal of food will never be used as a punishment.

Safe Preparation & Storage of Food

When preparing food, the staff will observe current legislation regarding food hygiene and training by:

- Always washing their hands under running water before handling food and after using the toilet or changing nappies.
- Not being involved in food preparation if they are ill with infectious skin diseases or any other contagious illness.
- Never coughing or sneezing over food.
- Using clean cloths.
- Probing food before serving to ensure it meets the correct temperature & temperatures are recorded daily.
- Ensuring that waste is properly disposed of and is out of reach of the children.
- Making sure that all fruit and vegetables are washed before being served.
- Keeping tea towels scrupulously clean and washed between each session.
- Holding a current Food Hygiene certificate.
- Having regard for food legislation and keeping up to date with any changes.

Social Services Notification

Should any incident of food poisoning occur, affecting two or more children, the trust shall be notified as a matter of urgency, within a maximum time span of 14 days. Celebrations Any birthday cakes provided by parents must contain allergen information.

Breastfeeding/bottle feeding

Primrose Hill is a breast feeding friendly site and a private space will be offered to the parent to enable them to breast feed their child or express milk on site. If a child needs milk feeds whilst in nursery we ask that parents/carers provide for this by bringing in expressed breast milk in a sterilised bottle or a sterilised bottle with a pre- prepared carton of milk or the correct amount of milk powder in a separate labelled container for us to add boiled water to. We ask that parents bring the correct number of bottles their child will require during each day. The bottles, once brought to nursery will be stored in the fridge, so we ask that parents label all the bottles they bring with their children's initials. Times of bottle feeds will be recorded on a child's daily record sheet along with the amount of breast milk



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or formula/ milk they have drunk during each bottle feed. Empty bottles will be rinsed and sent home. In line with our key person and intimate care policy we try our utmost to ensure that the key worker or secondary key worker complete the bottle feeds for the children to promote intimate care for the children.