



Reach for the Stars!



Broughton Primary School Food and Nutrition Policy

Introduction

At Broughton Primary School Nursery we are committed to highlighting the importance of nutrition in the early years and the role we have as a childcare provider in shaping both current and future eating patterns in young children.

The guidance contained in this policy is based on "Setting the Table" ; Nutritional guidance and food standards for early years childcare providers in Scotland.

What type of foods will we provide?

We will work with parents and carers through our focus group meetings to provide appropriate food items.

Healthy food items, low in sugar and salt, and including plenty of fruits and vegetables and a variety of other foods will be provided.

Our weekly menus will be on display. (Appendix 1).

What type of drinks will we provide?

Plain, still water will be available throughout the nursery session. Milk and plain water will be offered with snack.

Developing good eating habits.

Staff will encourage children to enjoy sitting and eating and drinking with others and helping each other with their food and drink.

Children will not be expected to finish everything on their plate and will be allowed extra if they are hungry.

Regular informal contact with parents and carers will let them know if there are any difficulties regarding their child at snack time.

Parents/Carers providing food.

Confectionery will not be given to children. We ask parents and carers not to give children sweets or chocolates to bring into nursery, including treats such as party bags containing sweets.

For the occasional very special celebration, children may receive them as part of the activities.

Parents and carers of children on special diets will be asked to provide as much information as possible about suitable foods.

Outdoor Play

Outdoor play will be encouraged every day, in all weathers with suitable clothing. This will ensure children have the opportunity to be exposed to sunlight, which helps their bodies to make Vitamin D. Parents will be advised to apply suncream when necessary.

Snack Payment

Snack is 40p a day and is paid in a term block. This will be used to buy the ingredients for snack. Any monies remaining at the end of the term will be used to upgrade toys and books within the nursery as agreed by parents and carers at our focus group meetings.

The information in this policy is considered to be correct at the time of publication (March 2016).