



Albert Village Nursery

Food and Drink Policy

Albert Village Nursery understands the need for a healthy nutritious balanced diet, which is why we provide a wide variety of food during our snack bar sessions. Snack bar is open for the duration of the session. Parents/carers are made aware of possible allergens in food. Our aim is to encourage all children to access the snack bar, as this is an excellent social activity and one that the nursery staff can join in with.

In order to provide the above we will:

- Provide fresh drinking water throughout the session.
- Find out from parents/carers children's dietary requirements.
- Talk to the children about which food they like and enjoy.
- All staff hold a food hygiene certificate and will therefore handle and prepare snack.
- Provide a wide variety of fresh fruit, cereal, toast, milk and occasionally a treat such as a fairy cake, biscuit or when a parent brings in a birthday cake.
- Ensure all children wash their hands appropriately and discuss the reason why we do this. We will also encourage brushing teeth afterwards.
- Pay special attention to those children with allergies to milk or a specific food source. Information for staff is easily accessible.
- Ensure staff do not use a child's diet needs as a label for the child or make a child feel singled out because of his/her dietary needs.
- Protect children with food allergies by talking to the children about not sharing and swapping food and drink at snack bar time.
- Inform a parent/carer about our storage facilities if they wish to provide an alternative snack for a child with allergies.
- If applicable obtain information about the dietary rules of any religious group and act on this information.
- At no time offer nuts or products containing nuts to the children. Parents are required to sign our no nut policy.