

Our Lady Star of the Sea Nursery Food Policy

Mission Statement

"You are precious in my eyes" - Isaiah 43

- ◆ *Our Lady Star of the Sea nursery is committed to the widest and fullest education of all pupils in a partnership between home, nursery, parish and community.*
- ◆ *Our nursery aims to create a happy, ordered environment where all members feel secure, valued and respect each other.*
- ◆ *Our nursery aims to be a positive force within the Catholic church inspired by the life of Christ in the Gospels*

Our Lady Star of the Sea is a healthy nursery and it is important that we continually consider all elements of our work to ensure that we promote health awareness in all members of our nursery community. We recognise we are valuable role models to children and their families with regard to food and healthy eating patterns.

Through effective leadership, the nursery ethos and the curriculum the staff bring together all elements of the nursery day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our children the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our community

Nursery lunches and packed lunches

All our hot meals are provided by Lancashire County Council who submit a healthy food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide hot and cold options, both of which pay regard to offering nutritionally balanced and healthy meal options.

Alternatively, children have the option to bring a packed lunch to nursery provided by the family. Nursery actively seeks to work with parents and carers to promote healthy lunch boxes. We recognise that it can be very difficult to think of variety in packed lunches, therefore, to support our families we have produced a healthy foods and ideas leaflet, which is freely available in the nursery entrance or on our website.

Lunch boxes are refrigerated and temperatures recorded in compliance with council regulations.

Nursery is subject to regular checks from the council

All staff members hold Level 2 Food Safety qualification, which is renewed every three years.

Water for all

Children are reminded to drink water throughout the day and cooled fresh water is freely available from a water cooling system. Cleaning is recorded.

Food across the Curriculum

In nursery there are ongoing opportunities for children to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Staff act as excellent role models to the children.

Snack Time (morning and afternoon)

Nursery offers a choice of milk/water at snack times. Parents/carers are asked to provide one piece of fruit per session but fruit or vegetables are on offer for anyone who may be hungry or forgotten their snack. We ask if grapes are sent into nursery either for snack or lunch that they are cut into quarters to prevent choking.

Partnership with parents/carers

The partnership of home and nursery is critical in shaping how children and young people adopt healthy practices; therefore each must reinforce the other. We appreciate this is not always easy but we must strive to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through the nursery website. At nursery induction we remind parents that only water or milk may be drunk during the day, except at lunch when children may drink the juice or squash provided in their lunchbox.

Celebrations

At Our Lady's we recognise that most cultures celebrate birthdays and festivals with cake and other special treats. We have no objection to a child sharing a birthday cake/treats with their friends and celebrating their special event. Health and Safety reasons dictate that no lollipops can be given out at nursery.

Food and Drink

- Staff who prepare and handle food receive appropriate training and understand and comply with, food safety and hygiene regulations
- All food and drink are stored appropriately and temperatures taken and recorded daily.
- Adults do not have hot drinks in nursery during opening times
- Snack and meal times are appropriately supervised and children do not walk about with food and drinks
- Fresh drinking water is available to the children at all times
- We operate systems to ensure that children do not have access to food/drinks to which they are allergic. It is the parents responsibility to inform nursery on registration documents of **any** allergies a child may have.
- We ensure that waste is disposed of properly and out of the reach of children
- All cultural/religious requirements will be respected.

Reviewing of policy

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our nursery:

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- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Signature of Chair of Committee members: _____ **Date:** _____

Signature of Nursery Supervisor: _____ **Date:** _____