

Once Upon A Time Nursery  
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## Food Policy

### Statement of intent

Once Upon A Time Day Nursery regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### Aim

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs.

### Methods

Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.

We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.

We regularly consult with parents to ensure that our records of their children's dietary needs - eg that all allergies are up to date.

We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.

We use allergy tables with allergy needs displayed so that all staff are aware of specific needs.

We display the menus of meals/snacks for the information of parents and a breakdown of all allergens in the meals.

We take care not to provide food containing nuts or nut

products and are especially vigilant where we have a child who has a known allergy to nuts and we can provide all main meals without dairy.

We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.

We organise meal and snack times so that they are social occasions in which children and staff participate.

We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.

We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day. Each toddler has their own water bottle available in the classroom.

We inform parents who provide food for their children about the storage facilities available in the setting.

In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

For children who drink milk, we provide whole or semi pasteurised milk at snack time.

We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.



