



Wyndham Park  
Nursery School

# Wyndham Park Nursery School

## School Food Policy

2015

Signed: *[Signature]*..... Head Teacher

Signed: *[Signature]*..... Chair of Standards Committee

Signed: *[Signature]*..... Chair of Governors

Date: 9<sup>th</sup> March 2015



## **Food in School Policy**

### **Aims**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils and staff.

To encourage children to learn about a healthy lifestyle as part of our commitment to the Every Child Matters Agenda and Healthy Schools Status.

### **Objectives**

To develop children's awareness of food and drink as important contributors to health.

To develop children's awareness of a range of foods.

To encourage children to try a variety of foods, including those from other cultures.

To make mealtimes / snacktimes an enjoyable and sociable experience.

To promote the importance of these objectives to parents.

### **Guidelines**

#### **Snack times**

Discussion amongst staff leads to planning for a breadth and range of snacks. Parents are asked for a voluntary contribution of £1 per week to help cover the cost of snacks and cooking ingredients.

The snacks available are listed on the whiteboard each week for parents' information. Children are offered fresh fruit or vegetables every day alongside other snack items. We aim for a balance of protein, fat, carbohydrates and fruit / vegetables when planning snack provision in line with the new school food standards.

Water and milk are available throughout the session for pupils. During hot weather and after exercise pupils are encouraged to have extra drinks and drinking water is available outside.

Red and Yellow rooms have designated kitchen areas which include an oven and fridge. In Red room there is a fridge for raw food items and a fridge for ready to eat food items. Yellow room has one fridge for ready to eat items.

The majority of classroom staff have basic food hygiene qualifications. E-coli training was delivered by Cathy Brown from the SKDC Environmental Health Team in June 2014.

### **Lunch Club**

All children are given the opportunity to extend their nursery session by attending the lunch club. Children bring their own packed lunch with a drink. Water is available, provided by Nursery. Leaflets about healthy lunchbox choices are available for parents. Lunch club staff also promote healthy food choices each day; using a puppet in a fun game or activity.

Lunch club aims to be a sociable session and children are allowed to sit with their friends. The staff sit with the children.

### **Personal, Social and Emotional Development (PSED)**

As part of Personal, Social and Emotional Development we offer a range of activities that enable the children to experience a wide variety of foods and cooking methods.

Activities include:

- Food as part of celebrating cultural festivals (Christmas, Easter, Chinese New Year, Diwali etc.)
- Cookery - recipes used with the children include a range of ingredients and preparation e.g. soup, pizza, scones, cakes, fresh fruit salad. Children have opportunities to grow fruit and vegetables to develop their understanding of where food comes from.

Children are expected to sit down whilst eating and drinking and are encouraged to behave appropriately. When sitting with the children, staff model good behaviour. The Nursery promotes healthy lifestyles through displays, and leaflets about nutrition are available for parents and visitors.

Although we do not sell food we acknowledge the new requirements on Allergens, information is in each classroom for staff and all staff are made aware of pupils who have a food allergy or dietary condition. Management of these conditions is discussed with parents and a health care plan written. We have good links with health visitors and the community nursing team and involve them in writing care plans if necessary.

The head teacher will notify Ofsted of any food poisoning affecting 2 or more pupils.

## **Food Preparation**

When preparing food for snack time, staff will follow these guidelines:

- Staff wash their hands thoroughly.
- Any food that has been frozen is taken out of the freezer and left on a tray in the kitchen area of the classroom until it is defrosted.
- Temperature and cleaning checks are made regularly and a record kept.
- Fruit and vegetables are washed and if necessary peeled before being served to the children. A chopping board is used when preparing snacks.
- Snacks are prepared in the kitchen area of the classrooms.
- The snack table is always wiped using a green cloth.
- 'Use by dates' are checked and adhered to.

## **Resources**

The nursery is committed to purchasing resources which promote healthy eating. We have a selection of books, posters, puzzles and games promoting healthy meals. There is a large collection of play food and crockery including those from other cultures. The Nursery recipe file has been updated this year to include a range of recipes. Staff use photographs and children's own work to create displays to promote healthy eating.

The implementation of this policy is the responsibility of all staff at Wyndham Park Nursery School. It will be reviewed on a bi-annual basis by the Healthy schools co-ordinator.

## **Reference**

This policy was written using the following guidance:

'Establishing a whole school food policy' (Healthy Schools Guidance)

'Statutory Framework for the Early Years Foundation Stage' (DfCSF)

'Every Child Matters-outcomes framework'

'School food in England' June 2014

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