

## Healthy Snack Policy

Our aim at Lighthouse Nursery is to establish sound eating habits for life through the provision of healthy snacks between meals that meet the nutritional requirements of a growing child. We also want to encourage good social eating practices in hygienic surroundings. We aim to achieve this by: -

- Children having the opportunity to try an increased variety of foods and will have access to healthy snacks.
- Water will be available at all times for the children. Parents will be encouraged to provide a water bottle for access throughout the session.
- Staff will sit with children while they eat and will provide a good role model for healthy eating.
- Children will be encouraged to develop healthy eating habits and will be given plenty of time to eat.
- Parents of children with special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.
- Non – food items will be used as a reward for children instead of confectionary.
- Healthy foods options will be used in all activities whenever possible: in play, in education, language, cooking and other events.
- Drinks are given in a lid-less cup. At snack time the choice is milk or water.
- Parents/carers will be asked not to provide their children with any unsuitable snacks, food or drinks unless there is a specific dietary reason.
- Celebration foods brought in by parents, such as cake, will not be eaten during the nursery session. They will be given to children to take home at the end of the session.

Lighthouse Nursery holds a current “Gold Standard Healthy Snack Award”, presented by the Cardiff and Vale University Health Board Department of Nutrition and Dietetics.

## Food Allergy Policy

Lighthouse Nursery is committed to providing a safe environment for all children and staff of the nursery, and seeks to eliminate risk of nursery children ingesting food to which they are allergic. All parents (especially parents of children with no allergies) are therefore asked to observe this food allergy policy. This policy shall form part of the Nursery staff handbook, and all occasional helpers shall sign a receipt signifying they have received a copy of, and understood the operation of, this policy.

- Information on children’s allergies will be recorded on their individual registration forms, and kept in their individual files. Parents shall inform the nursery in writing of any new information on food allergy relating to their child not already noted on the registration forms.
- Parents of any children with serious allergy e.g. potential anaphylactic shock sufferers, shall meet specifically with the Nursery Manager, before the child is admitted to the Nursery, to ensure that the Nursery is properly able to deal with any emergency situation, e.g. administering an “Epi – Pen,” that the parents themselves have been trained. The Nursery Manager shall ensure that at least one member of staff at all times is capable of handling such an emergency.
- A list of children’s names will be kept on the fridge, and the Nursery Manager shall ensure that relevant up – to – date information regarding allergies are noted there, and staff are notified of any new information.
- Any food brought into the Nursery, apart from packed lunches, MUST be declared to staff as they are brought in, and then stored by staff out of reach of children.
- The Nursery will not provide food containing nuts.
- The Catering Manager will ensure all kitchen staff who prepare snacks for the nursery are aware of any special dietary requirements within the nursery, know the main 14 allergenic foods, the content of food prepared for nursery, and the importance of using separate utensils and crockery for separate fruits, etc.
- On occasions where a child brings food (e.g. birthday cake) to the Nursery for sharing, the Nursery will provide a safe alternative for children with appropriate allergies. The food will be stored until the end of the session and given to parents to take home for consumption. Parents of children with allergies will also be encouraged to provide suitable alternatives which can be stored in the Nursery cupboard until they are used.
- Appropriate safeguards will be employed in all “cooking sessions” introduced in the Nursery, e.g. by providing alternative biscuits etc.
- Any sweets etc. brought (back from holidays) for friends will be given out at the end of the session. During the session they will be kept on the top desk out of the reach of the children.
- Perishable foods, contained in individual lunch boxes are stored in the Nursery fridge. Other food will be kept in lunch boxes which will be stored on our lunch trolley.
- Staff supervising lunch times will ensure that only food brought in by an individual is eaten by him/herself, and that any food leftover is either thrown away or stored safely in their lunchboxes.