



Food and Nutrition Policy

Version 2021/08

Version History

Version	Date	Responsible	Changes
2020/01	Jan 2020	JMB	Rebrand
2020/08	Aug 2020	JMB	Packed lunches provided during COVID-19
2021/08	Aug 2021	JMB	revised in line with the Milk and Health Snack Scheme 2021

Nutrition Policy.

Healthy eating and physical activity are essential for proper growth and development in childhood. It is important that eating patterns to which children are exposed – both at home and outside the home – are those which promote positive attitudes and enjoyment of food. This paves the way for good health and helps children develop patterns of healthy eating from an early age. Children's early experiences of food play an important part in shaping later eating habits, and good eating habits support healthy growth and development, including achieving and maintaining a healthy weight and the foundations for good oral health. Cambusbarron Village Nursery recognises the key role we play in encouraging young children to develop positive attitudes to, and relationships with, healthy eating.

This policy is informed by NHS Health Scotland's in "[Setting the Table. Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland](#)" and the [Milk and Healthy Snack Scheme \(Scotland\) Regulations 2021](#).

General

- We will champion the importance of a well-balanced diet and positive choices both with children and their parents and recognise the importance of food as a tool for social development and learning.
- We aim to serve only foods that are low in salt and sugar (for example bread or plain cereal), fruit, vegetables, milk and milk products (or non-dairy alternative).
- We only offer milk (or alternative) or water to drink.
- Where children follow a special diet parents will be consulted about suitable foods
- Parents will be advised, if requested, how their child has eaten.
- On occasions such as Halloween, Easter, Chinese New Year or Christmas children may be given the opportunity to try different foods which may diverge from standard healthy eating norms.
- Parents are welcome to provide cake for their child's birthday but please check first with staff for any restrictions caused by allergies or dietary preferences.
- Adults will model good eating habits and table manners and engage with children during meal and snack times.
- Children will be encouraged to develop good eating skills and table manners.
- All food is prepared by staff who have training in Food Hygiene.

Snacks

The Milk and Health Snack scheme provides children attending Cambusbarron Village Nursery with a portion (189mls/1/3 pint) of fresh cow's milk (or specified alternative) and a healthy snack (fruit or vegetables) daily.

Nursery Lunches

Nursery lunches are provided by the kitchen at Cambusbarron Primary School which has a silver food for life catering mark. Children will be given the choice of a "red" or "blue" tray (hot meal) on days when we are eating at the Community Centre. On Woods days lunch is delivered to us there. Children are offered soup and a choice from the "green" tray (packed lunch).

Nursery lunches are provided free to children attending on a funded basis. Lunches can be ordered for children attending on a fee paying basis for the cost of £2.20. Lunch menus are available on our website as are some [photos](#) of the food provided.

Children not accessing nursery lunches can bring a healthy packed lunch. We ask that packed lunches consist of sandwiches or other cold snack e.g. pasta, crackers and cheese, oatcakes etc., a yoghurt and a piece of fruit or similar.

Allergies

Parents are asked to inform nursery staff if their child has any allergies, restrictions or specific dietary requirements

A list of children with allergies is kept in each department. There are trained first aiders in each department should such help be required.