



Allsorts Food and Nutrition Policy

Purpose

This policy outlines the way in which Allsorts ensures all children's dietary requirements are catered for and how meals and snacks are served in the settings.

Practitioners will discuss and share this policy with parents and carers to explain that food from home coming into Allsorts must match the health eating guidance of the EYFS and our policy.

Principles

Allsorts understands that starting nursery or preschool can be a worrying time for parents/carers. We aim to make this transition as smooth as possible by ensuring our key persons work closely with you to discuss any dietary requirements your child may have and make appropriate provisions to accommodate any additional needs parents may have.

Key persons will aim to help babies and toddlers progress toward solid food and encourage all children to experience a variety of different foods by creating opportunities for them to taste and feel different textures of food.

Children should be consuming the recommended portions of food each days from the following food groups:

- Fruit and vegetables.
- Potatoes, bread, rice, pasta and other starchy carbohydrates.
- Dairy and alternatives.
- Beans, pulses, fish, eggs, meat and other proteins.

Please refer to **Appendix 1** for information on a healthy, balanced diet for children, and **Appendix 2** for recommended portion sizes.

Appendix 3 details the eatwell guide and shows how to create a balanced meal.

It is advised that children drink plenty of water throughout the day. Fresh water will be available and accessible throughout a child's time at Allsorts, and milk will be provided during snack time.

Babies and Weaning

The initial process of weaning babies can start around 6 months and can take several months. We have used guidelines from the NHS which contains valuable information on weaning children, and would recommend that all parents visit the links below, and to discuss with their health visitor.

Please see **Appendix 4** for an introducing solid foods roadmap.

Weaning: NHS Guidelines: available at: <https://www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning/>

What to feed you toddler ; <https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/>

Baby and toddler meal ideas ; <https://www.nhs.uk/conditions/pregnancy-and-baby/childrens-meal-ideas/>

New Starters

When parents join us they are required to complete a New Starter Form, before their child begins nursery stating what stage of weaning their child is at and what foods they are already having so that we can continue this.

Parents must also record any (known) food intolerances, food preferences or allergies their children may have so we can alert all practitioners involved with meals and snacks. Management will carry out a risk assessment in the case of allergies and work alongside parents to put in place an individual dietary plan for their child.

Procedures

Whilst children are eating there will always be a member of staff in the room with a valid paediatric first aid certificate.

Before a child is admitted to the setting Allsorts will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information is shared with all staff involved in the preparing and handling of food. At each mealtime and snack time a nominated member of staff is responsible for checking that the food being provided meets all the requirements for each child.

Allsorts has ongoing discussions with parents and/or carers about the stage their child is at in regard to introducing solid foods, including to understand the textures the child is familiar with. Assumptions must not be made based on age. Allsorts will prepare food in a suitable way for each child's individual developmental needs, working with parents and/or carers to help children move on to the next stage at a pace right for the child.

Allsorts prepares food in a way to prevent choking.

Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent therefore it is important for staff to be alert to when a child may be starting to choke. Where possible, staff should sit facing children whilst they eat so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.

When a child experiences a choking incident that requires intervention, Allsorts will record details of where and how the child choked and parents and/or carers made aware. The records will be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action will be taken to address any identified concerns.

Babies and young children are seated safely in a highchair or appropriately sized low chair while eating. There is a designated eating space where distractions are minimised.

All of the Allsorts settings are nut free. We do not allow any foods containing nuts such as cereal bars, peanut butter or hazelnut chocolate spread.

We will visibly display Dietary Needs Lists throughout the setting, and continue to regularly communicate with parents regarding their child's progress.

We will also use daily planning and observation to ensure that staff are aware of the pace and textures of food a child is accustomed to, and careful one to one supervision will ensure that children are gradually taught how to chew and begin to eat independently at a calm, steady pace with a supportive person there to help them.

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed.

We will ensure that:

- Allsorts offer age-appropriate and healthy snack (baby room only), breakfast (if attending breakfast club) and tea/afternoon snack (if attending afterschool club) with a parent's/carer's consent. Snacks include rice cakes/crackers, toast/crumpets/sandwiches, and fruit and vegetables.
- Drinks other than breast milk, formula, milk or water are not permitted, except for lunchtimes when a small carton of juice/squash is acceptable.
- Fresh drinking water is constantly available and accessible. It is frequently offered to children and babies.
- Individual dietary requirements are respected and visibly displayed on Dietary Lists in the kitchen and in the classrooms.
- In case of an accident involving a child with allergies, the parent will be immediately informed and if authorised, PIRITON / an Epi Pen will be administered to the child as per the doctor's and parent's instructions, and the record of its administration will be entered in the medicine consent form for parents to sign. In emergency cases, an ambulance will be called if necessary.

- Meals and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meal and snack times children are encouraged to use their manners to say 'please' and 'thank you' and conversation is encouraged.
- Staff use meal and snack times to help children develop independence through making healthy choices, serving food and drink, feeding themselves and helping to set up or tidy up their lunchboxes. These practices help children to develop healthy eating habits and social skills.
- Chairs will be placed so babies can face each other, practitioners will encourage and support baby's self-feeding skills.
- Children are given time to eat at their own pace and not rushed.
- Cultural differences in eating habits are respected.
- Babies can have breast milk or formula milk that must be supplied by the parent/carer. We advise parents to bring breast milk to nursery in a sealed and labelled container, with the date it was expressed, which will be placed in the fridge. The change from breast milk/ formula to cow's milk is encouraged from after 1 year of age.
- We will provide parents with daily records of feeding routines for all children under 2 via Family.
- We promote healthy positive attitudes to healthy eating through play opportunities and discussions. Children will be encouraged to look at books illustrating different foods and use pictures to communicate preferences.

Food Supplied by Parents

All children must bring a packed lunch, including babies in the baby room. The packed lunch should contain a balanced meal.

It is recommended that children avoid or consume minimal amounts of foods that contain high levels of sugar and salt, as well as those with certain additives. Examples of these foods include biscuits, crisps, sweets, cake, chocolate, ice cream, ice lollies/ice pops, and sauces. Drinks such as fruit juice, smoothies, flavoured water, and squash should also be limited.

Parents should avoid or limit these foods and drinks in their child's lunch box, as it will support the setting in providing a healthy eating approach.

When packing lunch boxes, parents need to ensure the following guidelines are followed to guarantee their child's food is safe to eat within the setting:

- All foods and drinks provided by parents are age/development-appropriate to avoid choking.
- The setting's allergy guidance is followed.
- Food and drinks should be stored in suitable insulated containers that are clean. Also appropriate cutlery like spoons and forks should be provided if needed.
- An ice pack should be included in the lunch box to keep food fresh until the child eats it. Food taken out of the fridge should be consumed within four hours if not kept cool. Otherwise, parents should provide food that can be stored at room temperature.
- Parents should be aware that Allsorts does not have a fridge to store food or the facilities to reheat it, therefore, please pack food that is ready to eat.

Appendix 5 contains further information and recommendations on what to provide in your child's lunchbox.

Food Hygiene

Before adults prepare or handle food they must wash their hands thoroughly and protective clothing must be worn i.e. apron and gloves (if wearing nail varnish).

They must ensure they use appropriate chopping boards when handling meat, fish, fruit and vegetables. All food should be kept covered and refrigerated where appropriate. All waste food should be disposed of in the appropriate bins and hands washed after use.

Dishcloths and tea towels should be washed daily. Practitioners involved in food preparation will regularly undertake Food Hygiene Training.

A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

Portion sizes for children aged 5 and under



Food group	Portion size
A variety of fruit and vegetables (at least 5 portions each day)	
Cooked and raw	40g
Carbohydrates (4 portions each day)	
Cooked rice, pasta and potatoes	80g
Bread	25g
Average sized potato	1
Dairy and alternatives (3 portions each day)	
Milk	150ml
Cheese (sliced or grated)	15g
Cottage cheese	30g
Plain yoghurt	60g
Protein (2 portions each day)	
Baked beans	55
Egg	g
Meat, fish and poultry	55
Most pulses and hummus	g
	40
	g
	40
	g

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

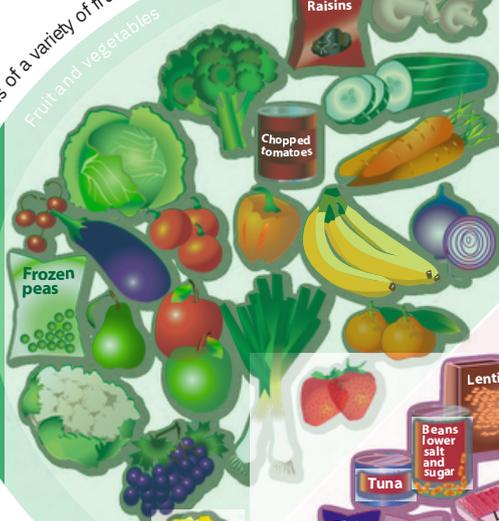
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Introducing solid foods – a roadmap

0-6 months	<ul style="list-style-type: none">• Until they are 6 months old, babies should only have breastmilk or formula milk.• Breastfed babies should be given vitamin D supplements.• A baby's digestive system isn't mature enough to handle nutrients in foods until around 6 months.
Around 6 months	<p>Babies are ready for solid foods when:</p> <ul style="list-style-type: none">• They can stay sitting and supporting their own head.• They can coordinate hands, eyes and mouth.• They can swallow their food. <ul style="list-style-type: none">• Start off with slightly bitter pureed vegetables (like broccoli) before moving onto sweeter ones (like carrot).• Many babies can handle a range of blended and mashed foods – go at a pace to suit them.• Food is complementary to breastmilk or formula until they are at least 12 months old.• Water can be offered as a drink, but cow's milk should never be given as a drink until 12 months.
Around 7-12 months	<ul style="list-style-type: none">• Around 7 months, babies should be offered three meals a day, alongside breastmilk or formula.• As babies become more confident at eating, you can give them food with lumps in.• Babies have a heightened gag reflex, they will gag and spit out food as they work out how to move lumps around their mouths.• Babies will naturally reduce the amount of breastmilk they drink as they eat more food. If they are formula fed, gradually reduce the amount of formula milk you give them.

How to cut food for babies

6 to 9 months:

Babies are developing their pincer grasp. Cut food into long, thin strips or wedges to make it easy for them to hold and nibble. Try cooked vegetables, soft fruits and well-cooked pasta.

9 to 12 months:

Babies are getting better at holding things, so introduce bite-sized pieces. This helps them practise chewing. Foods like soft fruits, cheese and well-cooked meat can be cut into pea sized cubes.

Over 12 months:

Older babies and toddlers can handle a variety of textures. Be sure to cut food into pieces that are appropriate for the child's mouth and throat size, making sure they are easy to chew.

Remember:

- Always supervise babies and toddlers while they are eating.
- Avoid choking by cutting food into the right sizes.
- Introduce a variety of textures and flavours.
- Pay attention to what the child likes and doesn't like.





HEALTHY LUNCHBOXES



Please provide your child with a balanced lunch box for preschool. Here are some ideas and recommendations of what to include, and what not to include.

Main Items - Carbohydrate

Will be encouraged to eat these first.

Sandwich (no peanut butter or chocolate spread)

Wrap/Pitta/Bagel

Crackers

Pasta



Protein Source

Cheese portion or cubes
Yoghurt (please provide spoon)

Boiled egg

Sausage roll

Hummus or chickpeas

Mini sausages

Chicken bites

Pepperami

Scotch egg



Fruit



Banana

Apple

Melon

Strawberries/

Raspberries

Kiwi/Plum/Peach

Satsuma

Grapes

Blueberries

Snack

Small bag of crisps

Rice cakes

Vegetable crisps

Lunchables/dunkers

Cereal bar/flapjack

Small cake/malt loaf



Vegetables

Carrot sticks

Cucumber

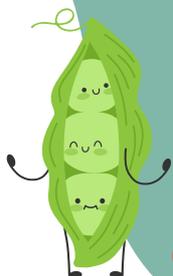
Peppers

Sugar snap peas

Salad

Corn or peas

Cherry tomatoes



Please do not send

Any nuts or nut containing products such as cereal bars, nut butters, chocolate spread, pesto that contains nuts.

Chocolate bars

Marshmallows

Raisins

Popcorn

Items in red are a choking hazard and must be cut lengthways.

Children should only bring water in their water bottle for the day, but may wish to bring in an additional drink in their lunchbox such as juice or squash only - no milkshakes please.

If your child has any allergies or dietary requirements, please speak to your child's keyworker or the setting manager.