

NUTRITION POLICY

Date Policy Reviewed: 30 October 2020

Date of Next Review: 30 October 2022

Person(s) Responsible for Review: DR (SLT)

The sharing of refreshments can play an important part in the social life of the small children as well as reinforcing their understanding of the importance of healthy eating.

We will ensure that:

1. All meals and snacks provided by the school are healthy, balanced and nutritious. They avoid large quantities of fat, sugar, salt, additives, preservatives and colourings wherever possible.
2. Children's medical and personal dietary requirements are respected and systems are implemented to ensure children only receive food and drink consistent with their dietary needs or parents' wishes.
3. Before a child starts at The Manor, we ask parents to give us information regarding their children's dietary needs, including any allergies. Parents are reminded to inform us if information regarding allergies needs updating.
4. Staff show sensitivity in providing for children's diets and allergies.
5. Current information about individual children's dietary needs are on display so that all staff and volunteers are fully informed about them. Staff can also access a list of dietary needs on the M drive which is updated by the School Nurse.
6. Multi-cultural food may be offered to ensure that children from all backgrounds are considered and that all children have the opportunity to try new foods.
7. The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
8. We display the menus of meals/snacks for the information of parents.
9. Lunch menus are on the school website.
10. Menus are planned in advance and we take note of which particular foods the children enjoy and change the school menus accordingly.

11. If a main meal is offered, the following elements are included:
 - Protein for growth
 - Carbohydrate for energy
 - Essential minerals and vitamins in raw foods, salads and fruits
 - Milk provided for children is pasteurised.
12. We organise meal and snack times so that they are social occasions in which children and staff participate.
13. We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
14. We provide children with utensils which are appropriate for their ages and stages of development.
15. Fresh drinking water is always available and children may also bring in their own named water bottle. It is the responsibility of the parents to ensure the bottles are rinsed out, cleaned and re filled.
16. In the Early years, children are also provided with semi skimmed milk if they wish alongside their snacks in the morning and afternoon.
17. Food hygiene matters are included in induction training for new staff, with regular refresher courses. Food and hygiene training is provided every September.
18. **Lunch**

Qualified cooks prepare lunch every day for all children. All children are encouraged to eat the hot meal but alternatives, such as jacket potato or sandwich, may be given to individuals who will not or cannot eat the main option. Crudit  vegetables, bread and fresh fruit are always available. Yoghurt and fresh fruit are also readily available as an alternative to the main pudding. Staff sit with the children to encourage good manners, conversation and healthy eating.
19. We are registered with the local authority’s environmental health department.
20. The school provides a morning snack for all children. Parents are required to provide a snack at the end of the day for children doing an after school club. These should be nut-free, of an appropriate portion size and healthy.