

*Developing a brighter future***POLICY No: SNP027****TITLE: EQUAL OPPORTUNITY & INCLUSION POLICY****VERSION: 05**

VERSION	BRIEF DESCRIPTION OF CHANGE:	APPROVED BY:	EFFECTIVE DATE	REVIEW DATE
05	UPDATED TO REFLECT NEW EYFS CHANGES	TARA (NURSERY MANAGER)	DEC 2023	DEC 2024

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## **Guidelines**

When developing this policy and implementing Sunnyside Nursery procedures we have particular regard to the advice supplied by NHS Change for Life scheme.

Menus and guidance see: <https://www.gov.uk/government/publications/exmaple-menus-for-early-years-settings-in-england>

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## **Introduction**

Sunnyside regard snack and meal times as an important part of the nursery day. Eating represents a social time for children and during this time staff promote the good health, including oral health, of children attending the setting (**EYFS 3.45**). Right from the start we endeavour to promote healthy practices through transparent dialogue with parents during 'family induction' and specifically planned activities that involve cooking, baking and basic healthy snack preparation and daily exercise.

At snack time, we provide healthy, well balanced and nutritious food, which meets the children's individual dietary needs. Where children are provided with meals, snacks, and drinks, they must be healthy, balanced and nutritious (**EYFS 348**). We ensure that all staff that prepare and handle food are trained in Food Hygiene (Level 2) and are required to update their training every 3 years and periodically train in-house reviewing our hygiene and food standards.

## **Procedure**

- Before a child is admitted to Sunnyside nursery we obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements (**EYFS 3.48**). Parents are required to inform us on their child's registration form, during induction and periodically throughout their time with us.
- Regular consultation with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- Sunnyside Nursery record (care-plan) and act on information from parent/carers about a child's dietary needs by sharing with all staff and displaying current information about individual children's dietary needs so that all adults are fully informed.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes, by sharing information with staff, implementing a cup, plate and utensil colour system: snack: red & purple, lunch: blue & grey, lunch halal: green & yellow, lunch vegetarian: orange and individual place mats.

- We have an area (kitchen) which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary. The kitchen area has suitable facilities for the hygienic preparation of food for children, if necessary including suitable sterilisation equipment for babies' food. Sunnyside nursery is confident that those responsible for preparing and handling food are competent to do so. All staff involved in preparing and handling food receive training in Level 2 'food safety & hygiene for catering' which is updated every 3 years. In addition, example menus for early years settings in England, see <https://www.gov.uk/government/publications/exmaple-menus-for-early-years-settings-in-england> includes guidance on menu planning, food safety, managing food allergies and reading food labels, which staff preparing food will find helpful in ensuring that children are kept safe (**EYFS 3.49**).
- Sunnyside Nursery has been rated 5 (highest rating) by the Food Standards Agency since 2011-present.
- We plan menus in advance, involving children in the planning as much as possible.
- We display the menus of meals/snacks for the information of parents.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones, during food preparation activities.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents (family induction) and research, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- Meal and snack times are organised so that they are social occasions in which children and staff participate.
- Meal and snack times are used to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Fresh drinking water is available and accessible to children at all times (**EYFS 3.48**). We inform the children about how to obtain the water and support them to independently help themselves to water at any time during the session/day.
- During induction parents who provide food for their children are informed about healthy snack and/or lunch options **and** the storage facilities available in the nursery.

- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we will provide Semi skimmed milk, whole pasteurised milk, goat's milk and/or soya milk which ever meets their dietary requirements and/or preferences.

### Packed lunches

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. We:

- inform parents of our policy on healthy eating
- encourage parents to provide foods and sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fresh (petit filou).
- refuse packed lunches that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We will supply a healthy lunch for the child that day and return the unhealthy lunch to parents.
- Treat lunch time as a social occasion where staff converse with children to support language development, learn new skills and understanding the world we live in.

Sunnyside Nursery will notify Ofsted of any food poisoning affecting two or more children cared for on the premises. Notification must be made as soon as reasonable practicable, but in any event within 14 days of the incident. Sunnyside nursery is aware that a registered provider, who, without reasonable excuse, fails to comply with this requirement, commits an offence (**EYFS 3.50**).

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**This policy is checked annually and formally reviewed at least every 3 years and/or revised as required by legislation, government guidance and/or feedback from service users.**

This policy supports all other policies and must be read together with the following policies:

- Health & Safety
- Illness & Medication
- Accident & Injury
- Safeguarding
- GDPR
- Diversity
- Equal Opportunities

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This policy was adapted in December 2023 and due for review in December 2024

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