



Provision of Food Policy

At Springwood Nursery, we recognise that mealtimes play an important role in children's health, wellbeing, learning and development. We are committed to providing children with nutritious, balanced meals and positive dining experiences that promote healthy eating habits, independence, social skills, and school readiness.

Springwood Nursery provides a pescatarian menu, with meals based around vegetables, fruit, dairy products, eggs, grains, pulses and fish. We do not serve meat, meat products or meat substitutes. Our menus are carefully planned to provide children with a balanced and nutritious diet that supports their growth, development and wellbeing, whilst also introducing them to a wide variety of flavours, textures and foods.

A sample menu is attached.

This policy outlines both our all-inclusive meal provision and the arrangements for families who choose to provide their own food.

Our All-Inclusive Meal Package

Our standard offer includes breakfast, morning snack, lunch, afternoon snack, tea and a selection of fresh fruit available throughout the day, all freshly prepared on site by our chef, Tooichi, and our kitchen assistant, Lorraine.

Meals are:

- Freshly prepared and nutritionally balanced
- Designed to support children's growth and development
- Suitable for a wide range of dietary, cultural and medical requirements
- Planned to introduce children to a variety of foods and flavours
- Served in a way that encourages independence and social interaction

Alternative milk options can be provided where requested or required as part of a child's dietary needs.

We believe our meal package offers excellent value for families and helps ensure consistency in nutrition, food safety and allergen management.

Mealtimes as a Learning Opportunity

Mealtimes are an important part of the nursery day and provide opportunities for children to:

- Develop healthy eating habits
- Learn about different foods and cultures
- Build confidence in trying new foods
- Develop communication and language skills through conversation
- Learn table manners and social skills
- Develop independence and self-help skills
- Learn to make choices and express preferences



Children are encouraged, where developmentally appropriate, to:

- Help lay tables
- Serve themselves
- Pour drinks
- Use cutlery independently
- Clear away plates and cups
- Participate in conversations during meals

These experiences help prepare children for lunchtime routines and expectations when they move on to school.

School Readiness

Many children will move from nursery to a school environment where meals are served communally and children are expected to manage aspects of mealtimes independently.

Our meal service is designed to support this transition by encouraging:

- Self-serving skills
- Independent eating
- Use of cutlery
- Positive social interaction
- Sitting and eating together as a group

Food Safety and Allergy Management

The safety of all children is our priority.

We operate a strict allergy management procedure and require accurate information regarding any allergies, intolerances, dietary requirements, or medical conditions.

To support allergen management:

- No nuts or nut-based products may be brought into nursery.
- Food sharing between children is not permitted.
- Staff will monitor children during meal and snack times.
- Dietary requirements will be clearly communicated to all relevant staff.
- Alternative meals will be provided where required.

Where a child with a serious allergy attends nursery, families may be informed of specific allergens that must not be brought onto the premises.



Parents Providing Their Own Food

Parents who choose not to access the nursery meal package may provide food for their child, subject to the requirements of this policy.

Please note that all food brought into nursery must be checked by a member of staff before being accepted onto the premises. Extra time should be allowed for this process at drop off.

Food supplied by parents must:

- Support a healthy and balanced diet
- Be appropriate for the child's age and stage of development
- Be supplied in sufficient quantities for the nursery day
- Be clearly labelled with the child's name

To support food safety and allergen management, food should be supplied in its original packaging so that ingredients and allergen information can be verified.

The following items are not permitted:

- Meat or meat products.
- Nuts or nut-based products
- Chocolate and confectionery
- Crisps and similar savoury snacks
- Fizzy drinks
- Energy drinks
- Fruit juices
- Flavoured milk drinks

Breakfast

- Only cold breakfast items may be served.
- Nursery cannot toast bread or heat food from home.
- Nursery can only provide cow's milk; Alternative milk products must be supplied by parents if required.

Choking Hazards

Parents are responsible for ensuring food is prepared appropriately:

- Grapes cut into quarters lengthways
- Cherry tomatoes cut into quarters lengthways
- Round fruits cut appropriately
- Stones removed from fruits such as cherries and peaches

Staff reserve the right to refuse foods that present an unacceptable choking risk.



Snacks

Parents should provide two healthy snacks per day where applicable.

Suitable examples include:

- Fruit
- Vegetables
- Crackers
- Rice cakes

Food Storage and Preparation

For food safety reasons:

- Nursery cannot refrigerate food brought from home
- Nursery cannot heat food brought from home
- Food must be ready to eat
- Lunchboxes requiring temperature control must contain a suitable cool pack
- Parents remain responsible for ensuring food remains safe and suitable for consumption throughout the day.

Following Environmental Health guidance, nursery staff cannot complete the required Hazard Analysis and Critical Control Point (HACCP) procedures for food prepared outside the nursery and therefore cannot heat food supplied from home.

Utensils and Containers

Parents must provide:

- Appropriate cutlery where required
- Suitable containers and lunchboxes

The nursery is unable to wash or clean containers or lunchboxes.

Drinks

Nursery provides:

- Fresh drinking water throughout the day
- Cow's milk where appropriate

Only water and milk are permitted at nursery.



Food Tasting, Cooking Activities and Celebrations

Children may participate in cooking activities, cultural celebrations, and food tasting experiences as part of their learning and development.

Where possible, parents will be informed in advance if food is required for participation.

Parents providing their own food may be asked to supply suitable alternatives to enable their child to participate fully.

Where this is not possible, an alternative activity may be provided.

Failure to Provide Suitable Food

If suitable food is not provided:

- Parents will be contacted and asked to bring appropriate food to nursery.
- Where nursery supplies food in the absence of suitable provision, charges will apply in accordance with the nursery's current schedule of fees, plus an administration fee.

Liability

Whilst every effort will be made to store and handle parent-provided food appropriately, the nursery accepts no responsibility for:

- The quality of food supplied by parents
- Food temperature upon arrival
- Deterioration of food provided from home
- Food prepared or stored outside nursery control.

Parents remain responsible for ensuring that all food supplied is safe, fresh, and suitable for consumption.



Sample Winter Menu

Appropriate alternative dishes are served to those with dietary requirements & food allergies.
Food is appropriately prepared based on the age of the child.

	Breakfast	Lunch	Tea
Monday	Weetabix with milk	Toochi's fish curry with basmati rice Seasonal fruit	Spicy bean and cheese wraps Seasonal fruit
Tuesday	Cinnamon & raisin porridge	Cannellini bean and pea stew with smashed rosemary potatoes Seasonal fruit	Homemade leek and potato soup with French baguette Seasonal fruit
Wednesday	Toochi's homemade granola with milk	Mediterranean vegetable & tempeh pasta bake Mixed berry yoghurt	Scrambled eggs with toasted muffins Seasonal fruit
Thursday	Cinnamon and raisin porridge	Fish pie with peas Mango yogurt	Vegetable and tomato parcels Seasonal fruit
Friday	Toochi's homemade granola with milk	Bean and barley chilli with jacket potato & grated cheese Seasonal fruit	Baked Beans on wholemeal toast Seasonal fruit