



CARGILFIELD

HEALTHY EATING POLICY

Cargilfield Nursery understands the importance of good nutrition in the early years and that a varied and nutritious diet will support healthy growth and development throughout a child's life. Good nutrition is vital and children's experiences of food plays an important part in shaping later eating habits.

Menu

Chartwells catering company provide lunches for all Nursery children. Their menus take consideration of healthy food options that are low in sugar and salt and include plenty of fruits and vegetables. Chartwells use Health Scotland's 'Setting the Table- Nutritional Guidance and Food Standards' as reference.

All menus are clearly on display in the cloakroom for children and parents to see. The lunch menu is also available to download from the school website, allowing parents to plan different dinners in the evening time.

Lunchtime & Snack Time

Children sit down together to eat and drink as this provides an excellent opportunity for them to learn good social skills and behaviours associated with eating and drinking. Chatting to other children and staff, developing good table manners, as well as learning to respect others by tasting and trying foods from different cultures is continuously encouraged in Nursery. Children will also learn to practise personal hygiene skills by washing their hands before eating and drinking.

Children will be provided with plenty of time during snack and lunchtime to promote this. Staff will also encourage children to be independent in using their own cutlery and selecting their own snack. Parents will be informed if their child has not eaten a sufficient amount of food that day or if they haven't enjoyed a particular type of food.

Snack time is available in the morning and then again in the afternoon to provide children with a chance to eat and drink in between play. Children need to eat regularly and it is recommended that they be offered something to eat at least every 3 hours.

Milk and water are offered during snack times and water is available during lunchtimes and is readily available at all times in Nursery.

CARGILFIELD SCHOOL

45 Gamekeeper's Road, Edinburgh, EH4 6HU

Telephone: 0131 336 2207

Email: admin@cargilfield.com Website: www.cargilfield.com

Cargilfield is an Educational Charity No. SC005757 Company Registration No. SC025080

The snack menu is changed on a weekly basis. Children are involved in choosing the snacks and ordering them from Tesco and in their preparation. 'Setting the Table - Nutritional Guidance and Food Standards' is always used as a reference.

Staff will encourage the children to eat and try new foods but will never put any excess pressure on them to do so. Children who do not eat will be offered an acceptable alternative. If this is a continuing problem, then regular contact with parents and carers will be made to discuss this further. Fruit will always be offered even if children refuse to eat their main meal.

Dietary Requirements

Children with specific dietary requirements and allergies will always be offered suitable meals and snacks. Parents of children who are on specific diet will be asked to provide as much written information as possible about allergies and suitable foods (medical form), and in some cases may be asked to provide the foods themselves.

All Nursery and kitchen staff will be aware of any dietary requirements. An allergy and medical conditions document is submitted to all staff at the beginning of each term and all dietary requirements will be displayed in the Nursery kitchen cupboard alongside a photograph of the specific child. Nursery staff who serve a child's food will check potential allergens with the kitchen staff (and allergy folder) and ensure that a child receives the correct food for their diet.

Baking

Children will have regular opportunities to prepare food for snacks and for taking home. They will experience foods from other cultures as part of the curriculum, which involves festivals and celebrations from other countries and religions. Baking activities also follow healthy eating guidelines. Allergies are taken into account when planning cooking experiences.

Hygiene Procedures

All Children will wash their hands using soap before and after eating. After lunch all children will wash their hands and faces. Additional cleaning and hygiene procedures are in place during the COVID-19 pandemics. See infection prevention policy for additional information.

All staff have a food hygiene qualification and will ensure a high standard of hygiene at all times, especially within food areas around the Nursery. Any cutlery or dishes dropped on the floor will be replaced. Please also see our separate hygiene policy.

Home School Links

The Nursery requires all parents to work in partnership with the staff in promoting healthy eating for the children and believe that parents and carers play a vital role in supporting what has been learnt at Nursery with their children at home.

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The Nursery is strictly nut free. No bought or home baking is allowed to be given to Nursery children by staff.

To celebrate a child's birthday small packets of sweets or chocolate (nut free) may be brought in and shared. These will always be placed into a child's tray, giving onus to parents.

Staff will ensure that they follow strict COVID-19 guidance from Scottish Government and will remain updated and follow guidance at all times.

Updated May 2023 by Tiffany Murdoch, Head of Nursery

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