

Drinks:

We will ensure that children are encouraged to drink healthy drinks throughout the nursery day to maintain optimum hydration by providing children with access to drinking water and/or milk.

If a child requires an alternative to milk because of a dietary/allergy need, this will also be provided.

Snack times:

A varied snack menu which includes fresh fruit and milk/water daily is provided mid-morning and mid-afternoon.

Parties:

There may well be occasions when we relax our normal requirements regarding healthy food in order to celebrate achievements or as part of religious events/education. We will of course remain mindful of individual pupil needs/parental instructions, during these times.

Allergies:

Parents must notify the nursery of any allergies which their children suffer from, including intolerances to any food or drinks.

The nursery will ensure that all staff are aware of children with allergies and that appropriate Health Care Plans are in place where necessary.



Gooseberry Bush Day Nursery



Food in nursery **Parent's Guide**

Telephone: 01209 713119

Email: nursery@gooseberrybush.org

You can also contact us via ClassDojo and Facebook

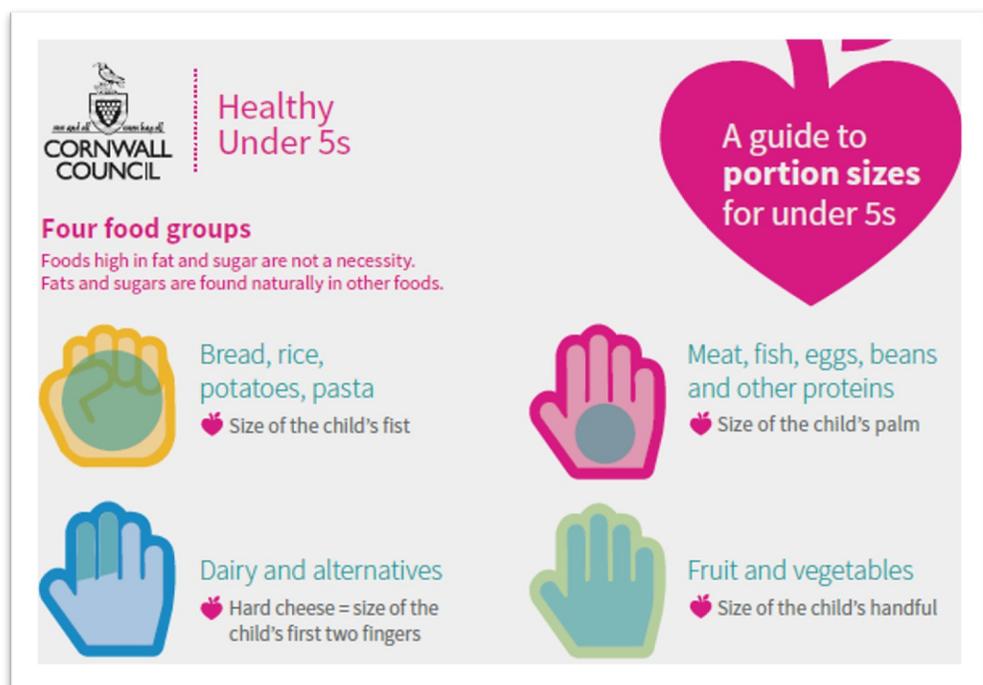


We will provide good quality, healthy food in the Gooseberry Bush. We will encourage all food brought into our setting to be good quality and healthy too, apart from celebration days such as Birthdays.

The nursery recognises the important role that healthy food and drink at lunch times and snack times plays in the good health and learning potential of our children. Our setting will therefore make healthy lunches and snack experience a priority.

Food provided by the nursery, and freshly prepared on site wherever possible; will be appropriate, healthy and nutritious.

By working in partnership with parents we aim to provide meals and snacks that meet the dietary requirements of all children.



Packed Lunches:

Our packed lunch guidelines below are aimed at encouraging parents to follow the same healthy food standards we aspire to as a nursery. For a balanced packed lunch please try to include one each of these healthy food types and drinks. You will see that there are five components, plus a drink, which make up an 'ideal' lunch:

Fruit - Essential for vitamins and minerals and fibre.

Try to include at least one portion of fruit (fruit juice can count as one portion).

Vegetables - Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables e.g.. carrot sticks.

Protein - Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.

Starchy foods/carbohydrates - Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as whole meal bread rather than white.

Milk and Dairy foods - Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

Drinks -Water - Fresh, water will be freely available for your child during their session, snack times and lunchtime.

Healthy drinks - If you would like to put a drink in your child's packed lunch please try to include water, milk or fresh fruit juice.

Please try to avoid:

- **Crisps, chocolate and snacks which are high in fat/sugar/salt**
- **OR** any drinks sweetened with sugar or artificial sweeteners (such as aspartame).
- **Packed lunches should not include fizzy drinks or sweets.**