

FOOD AND NUTRITION POLICY

RATIONALE:

Piccadilly Nursery promotes safe, healthy eating habits in line with the **Department of Nutrition and Health-UAE and ADEK's** wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximizes growth, development, activity levels and good health.
2. Long term: minimizes the risk of diet-related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- Staff at Piccadilly Nursery model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Parents and caregivers are encouraged to supply healthy food that fits within the Department of Nutrition and Health-UAE and ADEK's strategy for their children at nursery



AIM:

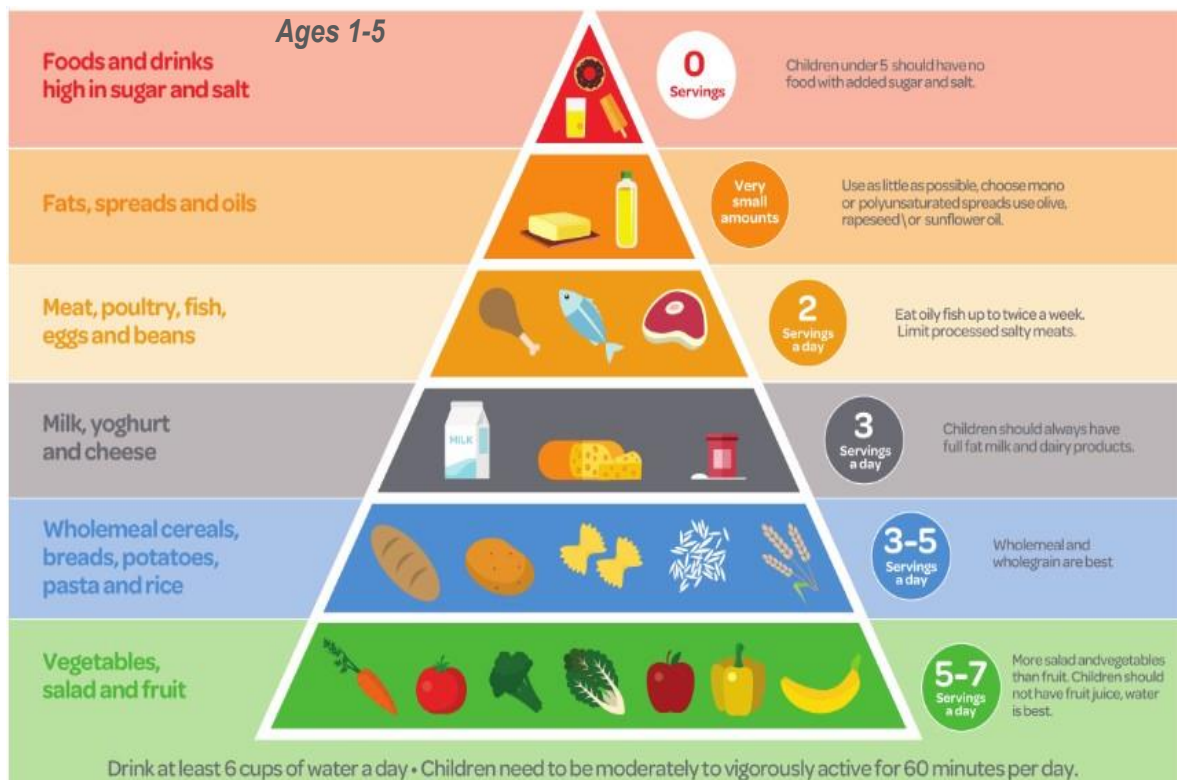
We want to support and encourage parents and caregivers to make healthy food choices for their children so that together we can teach children healthy eating behavior. The food offered should provide children with important nutrients and energy to be active.

GUIDELINES:

- Piccadilly nursery is a **"Nut-free zone"**
- In the interest of eliminating risk to children with nut allergies the Piccadilly Nursery is a nut-free zone. Nut allergies are very common and can cause a severe reaction (sometimes anaphylactic) amongst young children. Nuts can cause choking as well especially among children. If a mistake occurs and any child brings food containing nuts, including sandwiches containing nut spread, it will be immediately removed from

the lunchbox and stored in a safe area for collection. Upon collection, the reason for this will be discussed. Should a child have special dietary requirements or concerns, please discuss these with the Nursery Principal and a suitable plan to deal with such issues can be devised.

- Nut products such as **Nutella** must not be used as they pose a serious threat to children with allergies.
- Food allergies and intolerances will be shared responsibility of the child's family and the Nursery. On enrolment, we ask parents/caregivers to share with us any information regarding children's allergies or intolerances.
- The names and photos of children with food allergies are displayed in each classroom for teachers to be aware of.
- Parents are strongly encouraged to provide simple nutritious food such as fruits, sandwiches, salads, yogurt, crackers, vegetables, cheese, cereals, rice, pasta, scones, pancakes, and rice crackers
- Sweets are a treat & should not be part of a child's lunch.
- **Chocolate bars, lollypops, roll-ups, colored corn snacks such as Cheetos cheeseballs, candies, cookies (Oreos), cupcakes, puddings, flan or sugary drinks should not be a part of child's lunch.** If a mistake occurs and any child brings food containing the above-mentioned items, it will be immediately removed from the lunchbox and stored in a safe area for collection. Upon collection, the reason for this will be discussed with the parent.
- All lunches and water bottles should be brought in a clearly named lunchbox.
- During warm weather we recommend that freezer packs are used to keep the packed lunch cool. (We do not use a fridge or heat food at the nursery)



- Health professionals' state that water is the ideal drink for children, to support this water is available at all times for children to drink and teachers will ensure children have water with every meal.
- In the event of a child having insufficient food, the Nursery will immediately inform parents and this will be recorded.
- Staff will encourage children to eat all their lunch but staff will respect the child's wishes and their decisions.
- All uneaten food & empty packages will be returned in the lunch box so parents/caregivers can monitor their child's food consumption.
- We communicate information about children's severe allergies in a sensitive manner and with regard to our confidentiality policy.

BIRTHDAY AND CELEBRATION FOODS

Due to the current pandemic, we are not allowing any food to be brought from outside for any kind of celebration. This policy is in line with ADEK guidelines. In case of any changes, we will be updating it on Parent App.

Piccadilly Nursery:

- invites parents and caregivers to be involved in the review of food and nutrition policy
- provides information to families and caregivers about the Strategies through a variety of ways including:
 - Newsletters
 - Policy development/review
 - Information on enrolment

The staff at Piccadilly Nursery thank you in advance for your support of this policy.

