



Healthy Eating Policy.

Presented and adopted by Board of Governors on 14th June 2022.

Signed:- _____

Dated:- _____

Review Cycle as and when required.

This Policy has been adopted in response to the increasing children presenting with milk, nut and other intolerances and allergens.

Ballymena Nursery School has experienced a rise in the number of children presenting with diagnosed or suspected allergies. Parents are asked to inform Nursery School of any allergies or intolerances their child has. In cases where allergies have been tested for and diagnosed by a medical practitioner, parents will be asked to provide school with a Care Plan and any medication that the child may need in case of an allergic reaction in school.

It has been discussed and agreed that with the growing demands on the staff's time preparing daily group and individual snacks that the amount of time spent preparing snack had to be reviewed. In addition with the nursery children being in attendance at nursery for 2.5 hours per day a healthy snack of fruit, milk and water would be adequate and be provided by the staff.

No alternative milk will be offered to the children. If they are unable to drink the nursery milk provided they will be offered water.

The only exception to the daily healthy snack provided by nursery will be for School parties and special celebrations when the staff will provide the parent's / carer's with dietary details of the party food.

Staff attend food handling / hygiene/ first aid and food allergen training.

This policy will be reviewed when required.