Parents Guidance for Consumables

At Bedgrove Infant School our aim is to positively promote the health and wellbeing of every child.

If you have chosen to opt out of the nursery consumable charge the following policy applies to all items supplied from home.

Essential consumables for care routines

To be able to support the care routines of your child and meet their individual needs, you are required to provide the following items.

- Nappies
- Nappy creams – labelled with full name and date of opening
- Wet wipes – labelled with full name
- All year-round sun cream – labelled with full name and date of opening.

These items must be brought to nursery every day that your child is accessing a funded only place. We do not have the capacity to store any items at nursery therefore they must be packed safely in your child's nursery bag and clearly labelled with their full name.

Keeping your child safe and healthy

Some creams and nappies may contain ingredients that are unsafe for your child or another child with an air borne allergy e.g. almond oil. To aid our parents in making decisions on which brands to pack we have created an approved list of items that are permitted at our nurseries.

This list, however, is not exhaustive, and should you wish to provide a product not listed for your child the following process is required:

- Product details provided to your Nursery key person
  Product Details – product full title and manufacturers full name

It is the responsibility of parent/carers to check that any creams are within their date of expiry, noting date of opening, as well as ensuring that there is enough cream to keep your child safe and healthy throughout the day.

For sun protection "instant" or "one use" creams can be used provided they meet the SPF criteria and following the packaging guidelines. Children should wear at least SPF30 sun cream that also provides UVA protection.

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Monitoring

It is the parents/carers responsibility to ensure that their child arrives at nursery with all the essential items to meet their child's individual care routines; this will enable nursery colleagues to keep children safe and healthy whilst in their care.

If it is observed on arrival that your child does not have a nursery bag containing the essential items, you will not be able to leave your child until such items are provided. If during the day your child runs out of, or is running low on any essential items, a nursery colleague will contact you and request that these items are provided without delay. Alternatively, we have the right to request that a child is collected from nursery.

Bedgrove Infant School Partnership recognises our moral and statutory responsibility to safeguard and promote the welfare of the children. Where there is a persistent failure to meet a child's basic needs, a record of this will be made at nursery. Parents/carers will also be invited to attend a meeting to check in and discuss further. This could result in funded only sessions being retracted if parents/carers regularly fail to provide essential items.

Things to consider:

- To ensure your child's comfort throughout the day please pack the right number of nappies for what is typically needed as well as one or two extras just in case.
- We advise that you check and replenish your child's nursery bag the day prior to attending nursery, this will ensure you are fully prepared, your child's outcomes are not impacted as well as avoid any unnecessary interruptions to your day.
- Remember that these items are only needed for funded days that your child attends (unless due to allergies, intolerances or preferences you usually provide items such as sun cream), therefore nursery bags should not contain any essential items other than spare clothing, hats, scarves, gloves, and comforters on all other days. Our nursery colleagues will not have the capacity to check bags daily and remove any items that may be accessible to children.

Extra curriculum activities

Extra curriculum activities are not included in the standard government funded sessions, such as visitors into school such as the farm. Furthermore, any other external teachers and outings are not included.

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Approved Product List

Nappies

- Huggies
- Pura Nappies
- Pampers Baby Dry
- Fred & Flo
- ASDA own brand
- Eco-nappy
- Mamia
- Lidl Lupilu

Nappy Wipes

- Huggies Pure Wipes
- Conti Supersoft Dry Wipes
- Pampers Sensitive Baby Wipes
- Kinder by Nature Plastic Free Wipes
- Pura Wipes
- Water Wipes
- Little Heroes Sensitive Biodegradable Wipes
- Fred & Flo
- Mumma Bear
- Mamia
- Lidl Lupilu Wipes

Nappy Creams

- Sudocrem
- Metanium
- Metanium Everyday Barrier Ointment
- Vaseline petroleum jelly
- Child's Farm
- Organic Baby Balm
- Balmond's Skin Salvation
- Aproderm
- Doublebase flare relief
- QV intensive ointment
- Zerobase
- Dermol
- Dr LPP
- BFF Balm
- Mustela
- Sudosalve

Sun Cream

- Stokoderm Sun Protect 50 PURE
- Child's Farm
- Super Drug – Solait
- Garnier
- Boots – Soltan
- Nivea – 50 Sun Block for Kids
- La Roche-Posay

Supermarket Sun Creams:

- Tesco Soleil
- Morrisons
- ASDA
- Sainsbury's
- M&S
- Aldi (Lacura)

Restricted Product List

Nappy Creams

- **Bepanthen** – Contains a nut derived ingredient; the product contains Prunus amygdalus oil (sweet almond oil). Manufacturer was contacted and stated, "Any allergy- causing proteins of almond should have been removed during the ingredient refining process; however, it is not possible to guarantee this, and we are therefore unable to recommend that the product is suitable for those with a nut allergy."

If you need to use this product, please speak with your Nursery Manager.

Parents Guidance for Providing Packed Meals

To support healthy growth and development, children need a well-balanced, nutritious diet. Establishing good eating habits in early childhood lays the foundation for lifelong health. However, there is growing concern that many children are consuming excessive amounts of fat, sugar and salt, and not enough fibre, fruits, and vegetables.

At Bedgrove Infant School, our aim is to positively promote the health and wellbeing of every child. We aim to support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet. Your child requires a balanced diet that includes daily intake of the following food groups.

- Carbohydrates
- Fruit and vegetables
- Protein
- Dairy
- Good fats (that are low in sugar, salt, and excess fat)

At Bedgrove Infant School we require your child's packed meals to be based on the NHS guidance 'Healthier Families' and for children over the age of two, the NHS 'Eat Well' Guide. This will ensure that your packed meals are in line with our 'Food and Nutrition' Policy.

Due to allergies and spaces in school, if your child opts for a packed lunch they may not be able to sit with the hot lunch children.

Therefore, your child's food bag for meals provided for both lunch and tea are required to contain:

Bread, Rice, Potatoes, Pasta - these starchy foods are a healthy source of energy. Packed meals should include 2 or more portions.

Fruit and Vegetables - these foods provide vitamins, minerals, and fibre. Packed meals should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

Milk and Dairy foods - these foods provide calcium for healthy bones and teeth. Packed meals should include 1 portion at lunch.

Meat, Fish, Eggs, Beans, Pulses - these foods provide protein for growth. Packed meals should include 1 portion of these foods.

Drinks are not permitted in packed meals as children will be provided with fresh drinking water throughout the day. All children will also receive a portion of cow's milk daily. For children that attend a funded only morning, the nursery will provide a portion of milk. Where a milk alternative is required due to preference, intolerance or allergy, parents will be required to bring this into nursery.

Allergens and Child Safety

Bedgrove Infant School must ensure children are not exposed to potentially life-threatening allergens or food that could pose a choking risk. **Packed meals MUST NOT contain the following:**

- **Nuts or nut products.**
- **Fizzy / sugary drinks in cartons, bottles, or cans**
- **Chocolate-coated products / sweets / confectionary**
- **Crisps**
- **Chocolate or sweet spreads as fillings for sandwiches**
- **Sugared / toffee and salted popcorn.**

- **Any of the prohibited food items (as advised by the individual nursery)**

Due to the complexities in ensuring the correct temperatures of food, Bedgrove Infant Shcool **are not permitting hot foods or food that requires reheating.** Bedgrove Infant School do not have the capacity to reheat food in nursery.

Choking can happen with hard foods, bones and small round uncut items that can easily get stuck in the throat. It is of great importance that you ensure that the risk from these is minimised where it cannot be eliminated. **We ask that whole uncut round foods such as grapes, cherries, blueberries, strawberries, cherry tomatoes, olives etc are cut up to prevent a choking risk.**

Where foods provided do not meet the above criteria, the nursery may either:

- Remove the food from the packed meals and call parents to provide an alternative.
- Allow the food to be given on that one occasion after being made safe, with guidance provided for parents on the criteria set. Please note, the nursery cannot offer substitutions to replace food not being given.

In a case where a child presents with an identified food avoidant/ARFID, which limits access to a nutritionally balanced diet, please refer to your Nursery Manager for support and advice.

Food safety

As fridge space is not available in nursery, parents are required to provide the packed meals in a **thermally insulted lunch box or bag**, with freezer blocks to keep foods chilled.

Foods can be kept at room temperature for no longer than 4 hours*, therefore, if you are unable to provide a thermally insulted meal box / bag with freezer blocks, then you will need to arrange for tea to be delivered to the nursery after 12noon and before 3pm.

Different foods should be individually wrapped to help reduce likelihood of cross- contamination.

All meal bags **MUST** be clearly and securely labelled with the following information:

- Child's full name
- Clear and up to date picture of your child's face
- Breakfast (funded morning only), Snack, Lunch and Tea to be separated and clearly labelled in the meal bag.
- Any dietary requirements that your child has, such as vegetarian or fish allergy.

Snack

Parents will be required to provide a daily fruit option and carbohydrate snack. This can include rice cakes, crackers, and breadsticks. No chocolate is allowed. Please label this clearly. For example, if you opt for an apple this needs to be peeled, cut up and placed in labelled bag. Please note: we can not store parent items in a fridge use to health hygiene and labelled requirements.

Waste and Disposal

All uneaten foods in unopened packets/boxes as well as whole fruits such as bananas will be sent home at the end of the nursery day. This will enable parents to monitor what their child has consumed during the day and then raise any concerns over their child's food intake within nursery. All other left-over food will be disposed of at nursery to promote good hygiene practices.

Parents Guidance for Providing Packed Meals

Things to consider when packing your child's meals:

- Foods are suitable for your child, considering their age and stage of development – please follow the Food Standards Agency 'Early years choking hazards food safety advice' for cutting and preparing your child's food.
- Is the food easy for your child to eat?
- Ensure the food is presented in a way that is inviting to eat.
- Will they want to sit with friends.
- Only contains food that have been tried at home.
- Please ensure food is prepared so that it is suitable for the age and stage, to minimise risk of choking.
- Choose foods that do not need to be frigerated.
- Jars and weaning foods must be in sealed containers. These will not be reheated.

Monitoring

- To promote healthy eating, nursery colleagues will check the content of packed meals and place foods on either a red plate, green plate, or white plate in line with the Bedgrove Infant School Food and Nutrition Policy.
- Parents and carers who do not adhere to the Packed Meal Policy will be spoken to with guidance given. If a child regularly brings in packed meals that does not follow the policy, the nursery will reserve the right to remove all funded sessions.
- If children arrive at nursery without their packed meals, families will be contacted and expected to plan for healthy packed meals to be delivered to nursery by 10.30am. The responsibility lies with the parent regarding the storage and preparation of all food. Freshly prepared nursery meals are NOT available on an ad hoc basis.

References

Lunchbox ideas and recipes – Healthier Families - NHS The

Eatwell Guide - NHS

Food allergy and intolerance | Food Standards Agency