



Holbourn House Day Nursery & Pre-School  
The Old School  
Dodford  
Daventry  
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## Healthy Food Policy

Here at Holbourn House, we pride ourselves on delivering fresh seasonal home cooked meals, whilst ensuring children have the opportunity to enjoy food from different cultures and new flavours.

### Menus

We believe that a balanced diet covering all food groups is key to a child's growth and healthy relationship with food. We try to achieve this in the following ways.

- All current menus are available to view on Tapestry.
- Snacks consists of a filling carbohydrate in the morning and fruit option in the afternoon.
- Snacks are also the time where new foodstuffs can be introduced to test new flavours for consideration on next menus.
- All meals are prepared fresh allowing us to use low salt and sugar ingredients where possible.
- As meals are fresh it allows us to adapt meals to those with dietary requirements.
- All meat used is reduced fat and trimmed.
- Meals are balanced to contain carbohydrate, protein, and vegetable.
- Fresh seasonal fruit and vegetables are used wherever possible.
- Second helpings are always available and offered on meals however not on desserts.
- Water is served with all meals and milk is offered when puddings are served to encourage children to eat main meal and not fill up on milk.
- Children are actively encouraged to try and keep trying their meals.

### Allergens & Intolerances

We take the following precautions and steps to ensure those with allergies and intolerances are looked after.

- Menus planned to ensure like for like alternatives for full inclusivity.
- Daily, those with dietary requirements are highlighted on the communication board.



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- Register and board cross checked to ensure correct and no one is missing.
- Dietary requirements served on different plates and labeled to indicate who it's for and highlight extra attention required.
- Those with allergies are plated first on different plates covered and labeled before the rest of the meals are served.
- One person to hand out food each mealtime to ensure the different dinner is delivered to the correct child.
- All staff are consistently encouraged to check and double check if at all unsure.
- Any food for seconds is clearly marked and on different plates to help identify and to check correct for individual.
- Allergens are treated with extreme care being prepared and cooked separately from others.

We believe we do everything possible to deliver high quality, healthy balanced meals, and weekly menus, reducing salt, sugars, fats, and food preservation chemicals in our meals. We work extremely hard to ensure all those children with allergies, intolerances and lifestyle choices are catered, cared for and included. We appreciate you may have other dietary requests and we will endeavor to meet these however this cannot be guaranteed outside allergies, intolerances and lifestyle choice.