

Healthy Eating Commitment

At Marigold Montessori we recognise that healthy nutrition plays a vital role in children's physical development, concentration, behaviour and overall wellbeing. We aim to provide nutritious, balanced meals and snacks that encourage children to develop positive attitudes towards food and healthy eating habits that will support them throughout life.

Water & Hydration

Fresh drinking water is available to children at all times throughout the day. Staff actively encourage children to drink water regularly to support hydration and wellbeing.

Mealtime Learning and Independence

Mealtimes are viewed as important learning opportunities where children develop independence, social skills and positive relationships with food. Staff support children in serving themselves where appropriate, making choices and learning good table manners in a calm and respectful environment.

Allergy Emergency Procedure

Staff are trained to recognise and respond to allergic reactions. Where a child has a known allergy or medical dietary requirement, an individual care plan will be implemented and shared with all relevant staff. Emergency medication such as EpiPens will be stored safely and accessed in accordance with the child's care plan.



Celebration Food / Birthdays

At Marigold Montessori we recognise that birthdays and special occasions are important moments for children and we enjoy celebrating these events within the setting.

As part of our commitment to promoting healthy eating habits, Marigold Montessori operates as a no-sugar nursery environment. We therefore do not allow sweets, cakes, chocolate, sugary desserts or sugary drinks to be brought into the setting.

Parents who wish to celebrate their child's birthday with the nursery are warmly encouraged to bring healthy alternatives, such as:

- Fresh fruit platters
- Fruit kebabs
- Vegetable sticks
- Wholegrain baked items with no added sugar
- Savoury snacks such as cheese and crackers

All food brought into the setting must be nut-free and discussed with the nursery team in advance to ensure it is safe for all children, particularly those with allergies or dietary requirements.

Our aim is to ensure that celebrations remain inclusive, healthy and safe for every child, while also encouraging children to develop positive lifelong attitudes towards food and well-being.



Menu Planning and Nutrition

Food supplied for children provides a healthy and balanced diet for healthy growth and development. Foods that contain any of the 14 allergens identified by the FSA are identified on menus. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When planning menus, the Nursery Manager and cook ensure that:

- Parents and staff are encouraged to contribute ideas for menus, which are confirmed each week in advance. 6 - week cycle reviewed seasonally is a good way of working out menus.
- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Menus are clearly displayed so that parents and staff know what is being provided.
- Foods that contain any of the 14 major allergens are identified on the menu that is displayed for parents.
- Parents must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents.
- Staff refer to the Eat Better, Start Better (Action for Children 2017) [Eat Better, Start Better - Foundation Years](#).
- The cook maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.



Pre-prepared cook chilled meals and hot meals from suppliers

If the setting uses a food supplier to provide either hot meals prepared off site or chilled/frozen meals to be heated on site, the supplier's instructions for safe storage, heating and serving must be followed.

- Ingredients are checked to identify allergens (this will be clearly indicated on packaging).
- A temperature probe is used to check that cook chilled foods are heated correctly.
- Foods delivered hot are checked as above.
- Foods are served within the time stipulated by the supplier.
- Left-overs are not kept and reheated for another day.
- The guidance in Safer Food Better Business (Food Standards Agency 2020) is always followed.

Review Date	Name	Position
03/03/2026	Samsameh Mardani	Manager

