

03 Food Safety and Nutrition Procedures

03.7 Weaning

Weaning Questionnaire

When a baby starts nursery and is not yet fully weaned, parents complete a Weaning Food form.

This tells us:

- which foods the baby has already tried
- what they have not yet tried
- any reactions or allergies

This is stored on the child's Family account and is updated regularly by their key worker and parent/carer

When We Offer Solid Foods

We can begin offering solid food once a baby is physically ready, meaning they can:

- sit unaided
- hold their head up without their chin *resting on their chest*
- have reasonable hand control
- bring food or objects to their mouth independently

This is usually around 6 months, although every baby develops at their own pace.

Individual Weaning Journeys

We recognise that:

- every child's weaning journey is unique
- parents choose different weaning methods

We support each family's chosen approach as long as it follows NHS guidelines and is covered by our insurance policy.

We offer guidance based on NHS weaning advice whenever needed.

Milk & Meals Before Age 1

Before 1 year old:

- food is additional to formula or breast milk
- milk continues to be their main source of nutrition

Food Safety & Allergies

✓ We will only offer food at nursery if:

1. The baby has already tried it at home
2. Parents/carers have observed no allergic reaction
3. It is written on their Weaning Food List

! If a food is NOT listed, we cannot serve it.

Weekly Meal Planning

- Meals are planned each week using your child's updated food list
- You can see these on Family (calendar) before the session
- After the session, food eaten is recorded on Family activities

Sending Your Own Food

Parents may send their own packaged foods if preferred (only during the weaning stage). They must be:

- foods already tried at home
- unopened and within the use-by date
- not needing heating or preparation

Staff always *check dates* before offering food.

If sending weaning cereals:

- they must be unopened and in-date
- labelled with the child's name
- we store them in airtight containers for freshness

Nut-Free Setting

Parents must not bring in any food that contains nuts.
Staff always check packaging to ensure there are no nuts or nut products.

Moving to the Full Nursery Menu

Once a baby has tried and tolerated all foods listed on their weaning plan:

 They begin moving onto the full nursery menu

Parents are fully consulted before this happens.

Food Preparation & Hygiene

Staff Hygiene

- Staff wash their hands before entering the kitchen.

Who Can Prepare Food?

- Only key persons or co-workers prepare weaning food.
- Students or other staff may help only under supervision.

Allergens

- All weaning foods we provide (bread, cheese, biscuits, etc.)
 - foods from the 14 major allergen list are included on children's menus.

Fruits & Veg

Raw fruit/veg given to babies are:

- washed
- peeled
- cut appropriately

Water

Babies over 6 months can drink tap water — it does not need to be boiled.

Gradual Weaning

Babies are slowly introduced to foods so that by around one year old, they are fully weaned where appropriate.

Bottle Preparation Guidance

For NHS advice on making bottles safely (including preparing bottles in advance), see:

www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/formula-milk-questions

Weaning Food List

Below is a copy of the weaning food list that we ask parents/carers to complete before starting if the child is not yet fully weaned.

We will ask parents/carers to fill out the form by highlighting or ticking.

Your child's key worker will:

1. Either send you a copy of the list via Family and you can highlight digitally and send back on Family Message or you can ask for a printed version.
2. Review regularly with parents/carers and update on Family

Parents/carers can also print from the next page here if they wish.

Please see the next page for the weaning list.

Banana		celery		cheese	
apple		sweetcorn		Milk (cows)	
pear		Onion (in food)		Oat milk	
grapes		Garlic (in food)		Egg	
orange		courgette		Soya	
strawberry		Carrot		Wheat	
blueberry		Sweet potato		Rice	
kiwi		Butternut squash		Mustard (in sauces)	
melon		tomato		Green lentils	
peach		Kidney beans		Coconut milk	
Nectarine		chickpeas		tuna	
cucumber		potato			