



## **NURSERY**

## **NUTRITION AND MEALTIMES**

## **POLICY**

<b>Person responsible:</b>	<b>Lisa Taylor</b>
<b>Date approved by governing body:</b>	<b>November 2019</b>
<b>Review cycle:</b>	<b>Every 2 years</b>
<b>Date of policy review:</b>	<b>Oct 2021</b>

## **NURSERY NUTRITION AND MEALTIMES PROCEDURE**

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. St Rose's Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy midday meal (unless a packed lunch is provided by parents as their choice) and two daily snacks are provided for children attending a full day at the nursery
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
- Menus include at least 2 servings of fresh fruit and vegetables per day
- Fresh drinking water is constantly available and accessible.
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs including any special dietary requirements, preferences and food allergies that a child has and any special health requirements before a child is admitted to the nursery.
- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy
- Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups

- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. Staff support children to make healthy choices and understand the need for healthy eating
- Cultural differences in eating habits are respected
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily written records of feeding routines for all children who are not able to tell their parents about what they have eaten. Staff also feedback to parents verbally each day
- All staff that feed children with complex Special Educational Needs will have had dysphagia training delivered by a Speech and Language Therapist
- No child is ever left alone when eating/drinking to minimise the risk of choking
- All staff that prepare and handle food are competent to do so and receive training in food hygiene.

**Supporting policies and procedures:**

• **NURSERY ALLERGIES AND DIETARY REQUIREMENTS POLICY**

..... *S. Talwar* ..... Principal                      Date *7-11-19* .....  
 ..... *[Signature]* ..... Chair of Governors                      Date *7-11-19* .....

