

## MEAL AND NUTRITION POLICY

At Greenfields Day Nursery we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements. In promoting a positive attitude towards food for children we have joined "Healthy Early Years London (HEYL)" award scheme. This scheme supports and recognises achievements in child health, wellbeing and development in Early years focusing on:

Healthy Eating  
Oral & Physical health  
Early cognitive development

We will ensure that:

A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery.

Menus are planned in advance, rotated regularly and reflect any cultural diversity within the nursery. These are sent via Whatsapp groups for parents to view each week.

We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.

Menus include at least 3 servings of fresh fruit and vegetables per day.

Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated.

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 starts or joins the nursery.

Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child.

We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with children during meals to ensure safety and minimise risks.

Meal and snack times are organised so that they are social occasions, during meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and quiet conversation is encouraged.

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.

If a child does not finish his/her first course but eats some he/she will still be given a small helping of dessert.

Children not on special diets are encouraged to try 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 in line with recommended portion sizes for babies and young children.

We promote positive attitudes to healthy eating through play opportunities and discussions.

No child is ever left alone when eating/drinking to minimise the risk of choking.

A morning snack is provided to children this is always 2 portions of chopped fruit and either milk/water.

Afternoon snack is milk/water and a plain biscuit.

Pre-school age children have 'rolling snack' encouraging them to take turns.

All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years. Staff who have not had training will be able to prepare snack after training is given to do this by a qualified member of staff.

Written by Susan McGeoch

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