

nutrition & mealtimes Policy & Procedure

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

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 will be planned in advance, rotated regularly and reflect cultural diversity and variation. These will be displayed for parents
- 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 will include 5 portions servings of fresh fruit and vegetables per day
- parents and children will be involved in menu planning
- fresh drinking water will be constantly available and frequently offered to children and babies
- individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child
- staff will show sensitivity in providing for children's diets and allergies. They would 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
- staff will set a good example and eat with the children and show good table manners. Meal and snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use their manners and say 'Please' and 'Thank you' and conversation will be encouraged

- staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating
- we provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits will be respected
- any child who shows signs of distress at being faced with a meal he/she does not like will have his food removed without any fuss. If a child does not finish his first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything
- children who refuse to eat at the mealtime will be offered food later in the day
- children who are slow eaters will be given time and not rushed
- quantities offered will take account of the ages of the children being catered for
- we will promote positive attitudes to healthy eating through play opportunities and discussions
- the nursery will provide parents with daily written records of feeding routines for all children *under two*.

Procedure

1. Weekly menu will be displayed for the parents/children, including meal for special diets
2. The Nursery Cook will be provided with regular updated list of children who will be attending each day, highlighting any children with special dietary requirements
3. Milk will be served with morning snack, Soya milk will only be given as a substitute to cow's milk with parents agreement and then only those fortified with calcium will be given
4. Water will be served with all meals
5. Children will be allowed second helpings at meal times
6. Sweets are only given on special occasions when provided by the parents. (Any parent wishing their child not to have any sweets even on special occasions are able to state this on their child's individual profile)
7. Parents or guardian will be informed if their child is not eating well

8. A specific allergy to food will need to be informed by the parents, if known, to the nursery so this can be avoided in meals.
9. Cultural dietary needs will need to be considered i.e. halal meat
10. Other special dietary needs; parents will provide as much information as possible so that the nursery can plan meals that will meet the child's needs.
11. Key workers will sit with their key group during meal time to observe, assist and encourage their key group in mealtime skills and social skills
12. Children will be encouraged to play outside every day, weather permitting. This will ensure they are being exposed to sunlight which help their body to make Vitamin D

This policy was adopted on: 31st March 2010

Signed on behalf of the nursery:

Job Title:

Date for review:

Hints & Tips

Why not include a copy of a menu with the daily written records to show parents examples of the nutritious meals and snacks provided. You could also include a copy in the parents pack sent out for enquiries. This will show your commitment to healthy eating.

MENU

For Week:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals, toast or butter croissants				
Snack	Milk and biscuits & selection of seasonal fresh fruit				
Lunch	Lamb Spaghetti Bolagnase	Chicken Fajitas with Soured Cream & grated Cheese	Sausage Cassorole with Peas & Carrots	Macaroni Cheese with Broccoli	Cod, Chips and Mushey Peas
Vegetarian Alternative	Veggie Quorn Mince Spaghetti Bolagnase	Fajitas made from Quorn style chicken pieces, soured cream & grated cheese	Veggi Sausage Cassorole with Peas & Carrots	Macaroni Cheese with Broccoli	Cheese & Broccoli Escalopes, Chips & Peas
Dessert	Pineapple & Melon cubes	Raspberry Jelly	Arctic Roll	Bananas & Custard	Apple Crumble & Cream
Tea	Sandwiches: Chees or Sardines Pretzels Pepper slices & Cherry Tomatoes	Crumpets with Butter & Cream cheese Carrot & Cucumber Sticks	Baked Beans on Toast	Minestrone or Vegetable Soup with French Bread	Crackers with Cheese And Houmous Mini Cheese & onion rolls
Sweet/Biscuit/Cake	Choclote Digestives	Ginger Cake	Mini Sweet Muffins	Fruit Loaf Cake	Fromage Frais