

Policy on Nutrition and Diet for Children

Principle Statement

To promote healthy, nutritious meals and drinks for all the children and to meet all dietary needs. To encourage them to be independent at meal times.

Meals, snacks and drinks that are provided must be healthy, balanced and nutritious. Information about dietary needs must be obtained. Drinks must be accessible and suitable areas to prepare food should be available. People handling food must be trained. (EYFS,2014)

Key Principles

Food and drink provision

We provide two snacks throughout the day: morning and afternoon. Breakfast, hot lunch /pudding and a cold tea.

- Dietary requirements are collected in the child's all about me before for they start. These are then put up on the board in the kitchen to alert staff of any allergies.
- Children are provided with food in adequate quantities, properly prepared, wholesome and nutritious (using the children's food trust guide) with regard to their cultural, ethnic and religious backgrounds and dietary choices.
- Meals are set up to be well managed, orderly, social occasions. Staff should set a good example of table manners.
- Children are encouraged to eat or try something even if they don't want to.
- If staff are concerned because a child is constantly eating an insufficient amount of food, the parents will be informed as It may be necessary to seek medical advice.
- If a child's food intake is restricted due to health reasons, this will be recorded on their care plan and staff must adhere to the guidelines given.
- Menus are planned every 6 months to include a winter/summer season. The menus are sent out to parents and displayed on the welcome board for parents to see.
- Recipes and allergy advice are also shared with parents.
- How much the child has eaten is relayed to the parents at the end of the day.
- Babies are catered for accordingly to their age, pureed food or chopped.
- We encourage the children to brush their teeth after dinner (see policy for teeth brushing).

Drinks

- Children have access to drinking water all day, parents are encouraged to provide a bottle for the children.
- It is encouraged that parents provide water and not juice unless discussed and agreed.

Social skills at meal times

- All children wash hands before eating and independence is encouraged.
- Children will be encouraged to say please and thank you and to wait for others where reasonably possible.
- Slow eaters will be given time.
- Children are encouraged to try different foods.
- At circle time and mealtimes the children are encouraged to talk about what is good for us and why.

Preparing food

- All staff have a level 2 in food hygiene. All staff will receive training in food hygiene and will attend regular updated courses, every 2 years.
- Surfaces and tables are wiped clean before use.
- Staff wash hands before handling food.
- Correct usage of coloured chopping boards.
- Staff to ensure food is stored correctly with food dated on day of opening.

Food that is brought in from home

Pack lunch is allowed but not encouraged. If it is brought in then we encourage a healthy choice.

We allow cakes to be brought in for celebrations and will eat them at lunch time when possible.

Managing waste

We promote recycling wherever possible when cooking and preparing food.

We put vegetable peelings into the compost bin or wormery.

Promoting healthy eating and cooking for children.

Every week the children participate in a small group activity to promote and teach them about leading a healthy lifestyle teaching them where food comes from and to make healthy choices.

We also set up small groups to participate in cooking activities, which promote cutting, measuring and mixing food. The children learn how food changes during preparation and cooking food.