

### **Nutrition and Mealtimes**

Meal times should be a happy, social occasion for staff and children alike. Positive interactions should be shared at these times and enjoyed. The Old School House (Headcorn) Ltd is committed to offering children with healthy, nutritious and balanced meals and snacks that meet individuals needs and requirements, and to promoting healthy eating.

Parents are expected to provide a lunch-time meal for their children. Parents may also provide a tea-time meal if they wish, however The Old School House provides tea time snack for all children who are at nursery during tea-time. Parents may provide cold food or food which needs to be heated using a microwave. If the latter is the case, the food will be heated to above 75 degrees Celsius and checked using a thermometer, according to food hygiene guidelines. Rice will not be re-heated.

We will ensure that:

- 1 a balanced and healthy mid-morning snack and tea are provided for all children who are at nursery at those times
- 2 drinks provided will either be fresh, chilled water or whole pasteurised cows milk
- 3 menus will be planned in advance, rotated regularly and reflect cultural diversity and variation. These will be displayed for parents
- 4 we provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
- 5 fresh drinking water will be constantly available to Nursery and older children and frequently offered to children and babies, especially in warm weather
- 6 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
- 7 staff will show sensitivity in providing for children's diets and allergies. They would not make a child feel singled out because of her/his diet or allergy
  - 8 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
  - 9 staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves
  - 10 cultural differences in eating habits will be respected
  - 11 children will be encouraged to eat their savoury food, followed by any fruit, then snack foods such as crisps or biscuits. 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
  - 12 children who refuse to eat at the mealtime will be offered food later in the day
  - 13 children who are slow eaters will be given time and not rushed
  - 14 upon arrival at nursery, lunchboxes are stored in the fridge until required at lunchtime. Any lunchboxes still containing food at the end of lunch time will be returned to the fridge until the child is collected so that parents are aware of what has been consumed by their child
  - 15 we will promote positive attitude to healthy eating through play opportunities and discussions
  - 16 the nursery will provide parents with daily written records of feeding routines for children if required

See Policy 30 for Bottle Feeding

