

DIET AND NUTRITION POLICY

Meal times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Hopes and Dreams is committed to offering children healthy, nutritious and balanced meals and snacks that meet individual needs and requirements.

- A balanced and healthy breakfast, lunch, tea and two daily snacks are provided for children attending a full day at the Nursery School
- The Nursery School provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, processed meat preservatives and colourings. To ensure balanced nutritional meals we display the nutritional values on our weekly menus
- Menus include at least 5 servings of fresh fruit and vegetables per day, red and white meat and fish weekly and a variety of wholegrain food weekly
- All allergens are displayed on the menus to show the contents of each meal
- Menus will be planned in advance, rotated regularly and reflect cultural diversity and variation. These will be displayed for parents and are available on the Nursery School website
- Children's medical and personal dietary requirements are respected. Staff must be aware of any special dietary requirements that the children may have, and of the procedure to ensure children are not given prohibited foods. Serious medical reactions and conditions regarding diet should be known to all staff
- 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
- Fresh drinking water will be constantly available and frequently offered to children and babies
- 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

- 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 will not be rushed
- Quantities offered will take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- No child is ever left alone when eating/drinking to minimise the risk of choking
- The Nursery School will promote positive attitudes to healthy eating through play opportunities and discussions
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as a cake. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite
- The Nursery School will provide parents with daily written records of feeding routines and meals eaten for all children
- No products with nuts are used on the premises and parents are not allowed to bring any food from the outside into the Nursery School
- The Nursery School will not provide food to be taken home for consumption
- All staff who prepare and handle food in the kitchen are competent to do so and receive training in food hygiene which is updated every three years

Reviewed on: July 2019

Signed on behalf of the Nursery School:
Candice Derran

Next review date: July 2020