



FEVERSHAM
FIRST STEPS UNDERCLIFFE

NUTRITION & MEAL POLICY

UPDATED ON SEPTEMBER 2018

NUTRITION & MEAL POLICY

At Feversham First Steps Nursery we believe that meal times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements

We will ensure that:

- A balanced and healthy breakfast, dinner, tea and two daily (AM/PM) snacks are provided for children attending a full day at the nursery
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation, these will be displayed for parent/carers to view
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
- Only water or milk are served with morning and afternoon snacks, we do not provide squash or juice
- Menus include at least 3 servings of fresh fruit and vegetables per day
- Parents/carers and children are involved in menu planning
- Fresh drinking water is constantly available and accessible throughout the day and that it is frequently offered to children and babies
- Babies are introduced to an open free-flowing cup when they are ready or by parent request
- Sugary drinks are not served in a bottle
- Individual dietary requirements are respected. We will 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 is admitted to 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
- Staff will show sensitivity in providing for children's diets and allergies. They will 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 children to develop independence through making choices, self-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/her food removed without any fuss, and an alternative may be offered. 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 will be given time to eat at their own pace 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.
- No child is ever left alone when eating/drinking to minimise the risk of choking
- Children are not permitted to bring confectionary in as a snack
- All staff that prepare and handle food are competent to do so and receive training in food hygiene

In addition:

- We include dental activities at least once a year
- Children brush their teeth after every meal

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This policy was reviewed by management on: 24.09.18