

## Nutrition and Mealtimes Policy

At Babraham Nursery we believe that mealtimes should be happy, social occasions for children and staff alike. As a setting we are committed to offering children a healthy, nutritious and balanced diet which meets each individual child's needs and requirements. We engage with all children in order to develop their knowledge and understanding and to promote the skills they need to make healthier lifestyle choices, in order to support each child's overall health and wellbeing.

Babraham Nursery ensures:

### Food and drink

- A nutritiously balanced, healthy morning snack, lunch, afternoon snack and tea is offered to each child attending a full day at nursery. Breakfast is provided for children booked into breakfast club.
- Menus are planned in advance and align with the Eat Better Start Better guidelines; they rotate on a three weekly basis and are changed twice annually.
- Each menu reflects cultural diversity and variation, incorporates seasonal produce and reflects children's preferences and input from families. Menus are clearly displayed and copies are available to parents and families.
- Each menu avoids large quantities of fat, sugar, salt and artificial additives, preservatives and colourings in accordance with the Eat Better Start Better guidelines.
- The quantities of food offered to children reflect the portion size appropriate to each child according to their age, as set out by the Eat Better Start Better guidelines.
- The setting does not allow parents to provide packed lunches, or, foods from home, with the exception of special events and celebrations.
- Fresh drinking water is always available and accessible, it is frequently offered and intake is monitored. In hot weather children are encouraged to drink to keep themselves hydrated.
- Babies are encouraged to drink from free flowing cups from six months and drinking from a bottle is discouraged from one year.
- Milk and water are always offered during snack times.
- Babraham Nursery supports each family with weaning their baby by providing a variety of purees and foods suitable for baby led weaning.
- Babraham nursery discourages parents from bringing in formula made at home; please refer to the Milk Policy for further information.

- Babraham Nursery avoids all recipes containing nuts and parents are asked to refrain from providing foods containing nuts for special events and celebrations for consumption by children.
- The nursery provides healthy, nutritious and portable food and drink for trips.
- Food is only purchased from reputable suppliers, who supply written evidence that they are an organisation fit to supply food.
- Babraham Nursery is registered with South Cambridgeshire Environmental Health Department and the current food rating is clearly displayed.
- All staff who prepare and handle food are competent to do so and have received food hygiene training, which is updated every three years.
- In the unlikely event of any food poisoning affecting two or more children on the premises, regardless of whether this may have arisen from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

#### Allergies and Special diets

- Nursery can only provide a separate meal for those children with allergies, religious, cultural or medical needs, unfortunately we do not have the facilities to provide for individual preferences.
- Children with allergies and dietary requirements are sensitively respected and meals are provided according to their individual needs and are served on a separate plate to avoid cross contamination, but where possible will look the same as the other meal to avoid children feeling singled out.
- Dietary/allergy lists are clearly displayed during each mealtime.
- Parents/ carers of children with special diets are asked to provide detailed information, in writing. For children with allergies parents/carers must provide a doctors letter confirming their child's needs. **More information regarding allergies can be found in the Allergy Policy.**

#### Staff practice and procedures

- During mealtimes an adult will sit with the children and they refer to the dietary/allergy list to minimise risks and ensure child safety. When appropriate staff will sensitively discuss with children about the potential risks of sharing foods.

- Staff set a good example during mealtimes by demonstrating and encouraging good table manners, and children are encouraged to say 'please' and 'thank you'.
- Mealtimes are organised to encourage social interaction and staff are expected to support children in developing their independence through making choices, feeding themselves and serving food.
- Staff support children to make healthy food choices and encourage children to try a variety of foods from different cultural backgrounds.
- Cultural differences in eating habits are respected.
- Children not on special diets are encouraged to try their food. If a child becomes distressed about not liking a food it is removed without fuss.
- Withholding food is never used as a punishment and deserts will always be offered to children.
- Children must be given time to eat at their own pace and are not rushed.
- Staff promote positive attitudes to mealtimes and food through play opportunities and discussions.
- No child is ever left alone during mealtimes and when eating.
- Staff in Ducklings and Caterpillars provide parents with a daily written record of what their child has eaten.

This policy was adopted by the staff team during a staff meeting on Thursday 28<sup>th</sup> January 2016

Review date: January 2017

Signed on behalf of the nursery:

Date: