

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 two 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 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 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.

Special occasions and bringing cake into nursery

We realise that many families would like to bring cake and other goods in for the children to celebrate birthdays or other events. All cakes or other goods brought into share with the children must also be accompanied by a clear and full ingredients list so that we can be sure that the food is suitable for children with individual allergies. **The food brought in must first be given to the cook to check the allergens against the children in attendance before being given to the children. If we are uncertain, the food will not be given.** If a child is unable to have the food due to an allergy or special diet, an alternative will be given for that child by the cook.

We are unable to accept any foods that contains any kind of nuts.

Breakfast Club

Babraham Nursery Breakfast Club is predominantly for those children attending nursery and whose parents require an earlier start; either on an occasional or a permanent basis.

The Breakfast Club operates on Nursery opening dates from 7.45 a.m. - 8.45 a.m. Monday to Friday for 51 weeks of the year and is based in the Pre-school room. The children are offered a breakfast comprising cereals, toast, milk, water, fruit and yoghurt. Children will need to arrive by 8.30 a.m. to receive a breakfast.

All children requesting to attend Breakfast Club must have completed a nursery registration form prior to the first time that the child attends. Parents are requested to make staff aware of any special dietary requirements on the booking form. A space is allocated, subject to availability and acceptance of booking, upon receipt of the booking form in advance.

The Nursery cannot guarantee that a space will be available without prior-booking due to the strict ratio requirements that we are legally obliged to adhere to.

During Breakfast Club, a senior member of Nursery staff, supported by up to two other Nursery Staff, is responsible for organising and supervising breakfast and activities. Parents are requested to sign their children in on arrival to Breakfast Club.

There is an additional cost for this hour; for which invoices will be issued by the Accounts department a month in arrears.

24 hours' notice is required to cancel a booking, unless the child is off unwell for the whole day, otherwise the full charge will be made.

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

Review date: February 2021

Signed on behalf of the nursery:

Date: 18.02.20