

Nutrition and Mealtimes

Mealtimes should be happy, social occasions for children and staff alike. Positive interactions should be shared at these times and enjoyed. Little Treasures Nursery is committed to offering children healthy, nutritious snacks which meet individual needs and requirements.

We will ensure that:

- Two balanced and healthy snacks are provided daily for children attending a full day at the nursery
- We provide nutritious food at all snacks, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Fresh drinking water is provided and is always available and accessible in children's individual water bottles.
- Water is frequently offered to children. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We 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 starts or joins 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
- Careful consideration will also be given to seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with the child during meals to ensure safety and minimise risks. Where age/stage appropriate discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide the food themselves. Any child with a dietary requirement or allergy shall have their name displayed in the food preparation area and snack area. This will ensure that permanent/supply staff are aware of each individual child's needs.
- If necessary an Individual Care Plan will be written for children with specific requirements and signed by all staff. This will ensure the child's health and wellbeing whilst allowing them to participate in the same experiences as others.
- In the event that a child eats something which they are allergic to, staff should follow the child's Individual Care Plan or seek medical help. The child's parents will be contacted immediately.
- Staff must show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of his/her diet or allergy
- Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are

encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged

- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. Staff 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 are respected
- Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for
- We promote positive attitudes to healthy eating through play opportunities and discussions
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We do allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements
- All staff that prepare and handle food are competent to do so and receive training in food hygiene.
- Healthy recipes will be given with monthly newsletters.
- All dairy products will be within guidelines for the age range of the nursery.
- Advice will be given to parents about suitable foods to bring from home. This will include healthy options for packed lunches.

National Care Standards-

Health and Wellbeing, Standard 3

Support and development, Standard 6

Signature	Position	Date