

Nursery Food and Drink

Aims

Meal times should be a happy, social occasion for staff and children alike. We aim to ensure that the standard of table manners and behaviour, which is expected, will be consistent. The nursery provides a balanced, nutritious daily diet for the children attending, an alternative menu can be provided for vegetarians, vegans, religious or medical reasons. We offer regular meals and snacks of milk/water and fruit between meals.

Drinking water is available to children at all times.

Nursery meals are served at the table with a tablecloth and children use appropriate eating utensils. Children will not be separated at meal times according to the type of meal they have. Children will be encouraged to eat and to sample foods. Water is provided at lunch time and is available throughout the day.

Parent/carers are responsible for keeping the staff informed about any food allergies the child may have, for a child to be provided with a substitute / alternative meal option the identified allergy must be confirmed with medical evidence identifying the severity of the allergy. Where a child has a recognised severe food allergy, information will be displayed in the nursery kitchen, all staff have a duty of care to ensure they refer to this list when preparing / serving meals.

General procedures:

- Individual dietary requirements will be respected and planned for in advance.
- If a child does not try his/her first course he/she will only be given a small amount of dessert or offered an option of fresh fruit.
- Staff will whenever possible sit with the children and engage them in discussion as they eat. Conversation between the children will be encouraged.
- Children who eat slowly will be given plenty of time to eat their meal without being rushed and be seated first to allow them more time.
- Daily menus will be displayed
- All children are encouraged to be independent while ensuring they also get the help and assistance they need.
- Staff will set a good example of good table manners.
- Cultural differences in eating habits will be respected.
- Children will be encouraged to say 'Please' and 'Thank you'.
- 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.

- Fruit will be provided daily.
- Milk and water will be provided daily.
- Parents will be discouraged from sending any food into nursery and we will actively accommodate each child's requirements to prevent the need for this.

If the key person has a concern about a child's diet they will discuss this with the parent/carer. The parent and key worker will try to resolve the issue together. No child will ever be forced to eat a meal.

The complaints procedure

If there is a concern regarding the implementation of this policy in the first instance please follow the complaints policy.

Monitoring and Evaluating the policy

This policy will be reviewed annually or sooner if legislative changes or circumstances deem it necessary.