

**ABC NURSERY POLICIES AND PROCEDURES**  
**POLICY 27: Nutrition, Mealtimes and Dietary Practice**

- 27.1 Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed.
- 27.2 ABC Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.
- 27.3 We will ensure that:
- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery.
  - Menus will be planned in advance, rotated regularly and reflect cultural diversity and variation. These will be displayed for children and parents 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
  - Menus will include at least 5 servings of fresh fruit and vegetables per day
  - Parents will be asked if they wish to contribute to menu planning and suggestions of meals will be warmly welcomed from parents.
  - Milk provided for the children is full fat with those that are two and under and semi-skimmed milk is provided for the children of 3 and 4 years of age.
- 27.4 Milk or water will be provided during mid-morning and mid-afternoon snack times, water will be provided for children at dinner times and throughout the day when needed.
- 27.5 Fresh drinking water will be constantly available and frequently offered to children and babies. This will be available from water coolers. This is checked regularly by the company that supplies the machine and is monitored by the Nursery Manager and the Health and Safety representative.
- 27.6 Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. 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
- 27.7 Staff will show sensitivity in providing for children's diets and allergies. They would 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
- 27.8 Staff will set a good example and eat with the children and show good table manners. Staff will only eat healthy food in front of children, and where possible only eat the same snack/ meal as is being provided to the children.

- 27.9 Staff will not offer any additional snacks or treats to children as rewards during the day.
- 27.10 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
- 27.11 Morning snacks in our Pre-School group will be a variation of a carbohydrate- based snack, for example a croissant, muffin or toast. Snack in our Raindrop area will consist of toast and fruit, and our toddler area will be offered cereal, toast and fruit on request from parents. Snacks will be plain or with butter/ margarine only
- 27.12 On the occasion of a child's birthday or special celebration, afternoon snack time may consist of birthday cake or a small chocolate based snack. We do not allow sweets in nursery.
- 27.11 Staff will use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating
- 27.12 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
- 27.13 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. If a child does not finish his/her first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything
- 27.14 Children who refuse to eat at the mealtime will be offered food later in the day
- 27.15 Children will be given time to eat at their own pace and not rushed
- 27.16 Quantities offered will take account of the ages of the children being catered for
- 27.17 We will promote positive attitudes to healthy eating through play opportunities and discussions
- 27.18 The nursery will provide parents with daily written records of feeding routines for all children. Records of the content of the meals and how each child has eaten will be recorded daily on clip boards for parents to view. Staff will raise any concerns if a child has not eaten in an empathetic and confidential manner.
- 27.19 No child is ever left alone when eating/drinking to ensure that there is no risk of choking.

- 27.20 Staff supervising the younger children will ensure that they have eaten all their fruit and they have nothing left in their mouth before they are allowed to go to sleep.

