



## **Nutrition & Mealtimes**

Mealtimes should be a happy, social occasion for staff and children alike. Positive interactions should be shared at these times and enjoyed. Our Nurseries are committed to offering children healthy, nutritious, and balanced meals and snacks, which meet individual's needs and requirements.

We will ensure that:

- A balanced and healthy breakfast, lunch, tea, and a daily snack in the morning which is usually toast, and the afternoon which is fruit and is provided for children attending a full day at the nursery. If the child is accessing the funding meals do occur additional charge if opted in.
- Menus will be planned, rotated regularly and reflect cultural diversity and variation. Parents can request a copy.
- We provide nutritious food at all snack and mealtimes, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- Menus will include a minimum number of 3 servings of fresh fruit and vegetables per day.
- Parents and children will be involved in menu planning by having a suggestion through our email system.
- Fresh drinking water will be constantly available and frequently offered to children and throughout the day.
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate all child information will be displayed in the kitchen and children will have a medical care plan, In the case of allergies and work alongside parents to put into place an individual diet plan for their child. We will work closely with parents whose child/children are on a My Support Plan (MSP) some children may require an individual meal plan, we will plan these with the child's keyworker, Special Educational Needs Officer and the nursery cook.
- 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

- Staff will set a good example and eat with the children and show good table manners. 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.
- Staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves.
- We endeavour to 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.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his food removed without any fuss. 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.
- Children who are slow eaters will be given time and not rushed.
- Quantities will take account of the ages of the children.
- We will promote positive attitude to healthy eating through play opportunities and discussions.
- The nursery will provide parents with daily written records of feeding routines for all children under two.
- Due to the changes to the EYFS standards in September 2025, staff members will be sat with children at mealtimes to encourage good and safe mealtimes.

<b>This policy was adopted on:</b>	<b>Signed on behalf of the nursery:</b>	<b>Date for review</b>
May 2021	Claire Smith	May 2022
May 22	Vicky Sheard	May 2023
June 2023	Vicky Sheard	June 2024
September 2024	Rachel Strong	September 2025
January 2025	Rebecca Barron	January 2026
March 2026	Zoe Goodchild	March 2027
April 2026	Vicky Sheard	April 2027 (removed puds)
May 2026	Rachel Strong	May 2027