Nutrition and Mealtimes

At Teeny Tots we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We will ensure that:

* A balanced and healthy breakfast, morning snack, midday meal and afternoon snack and tea are provided for children attending a full day at the nursery
* Menus are planned in advance, rotated regularly and are displayed for children and parents to view
* We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
* Menus include at least Five servings of fresh fruit and vegetables per day
* Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. 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.
* We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with children during meals to ensure safety and minimise risks. Where 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
* Staff 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 her/his diet or allergy
* Staff set a good example and eat with the children and show good table manners. 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
* Any child who shows signs of distress at being faced with a meal he/she does not like he/she will have food removed without any fuss. If a child does not finish his/her first course, he/she will still be given a helping of dessert
* 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 in line with recommended portion sizes for babies and young children
* We promote positive attitudes to healthy eating through play opportunities and discussions
* The nursery provides parents with daily written records of feeding routines for all children
* No child is ever left alone when eating/drinking to minimise the risk of choking
* We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at mealtimes to prevent tooth decay and not spoil the child’s appetite.
* We do allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents has been purchased from a well known supermarket chain so as we can assure hygiene procedures have been followed and ingredients are listed clearly.
* All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.

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| **This policy was adopted on** | **Signed on behalf of the nursery** | **Date for review** |
| 5th September 2019 |  | September 2020 |