

Food, Drink, and Healthy Eating Policy

We aim to ensure that the standard of table manners and behavior, which is expected, will be consistent. Meal times should be a social occasion for both staff and children.

General Procedures:

- Individual dietary requirements will be respected.
- Conversation at mealtime will be encouraged, but shouting will be discouraged.
- Weekly menus will be displayed and parents are encouraged to give their ideas and comments.
- Children who eat slower will be given plenty of time to eat, without being rushed.
- Children will still receive a healthy desert even if they refuse their main course unless parents request otherwise.
- Withholding food will never be used as a form of punishment.
- Parents/Carers will be advised if their child is not eating well.
- Children's meals, snacks and drinks will be healthy balanced and nutritious.
- All our lunches are freshly prepared by our nursery chef who is food and hygiene qualified with awareness of Food Allergens.
- We provide a healthy breakfast which consists of a variety of Cereals or Toast with a choice of toppings.
- We provide healthy snacks in the morning. These may consist of a variety of crackers and healthy toppings as well as fruit/vegetables/salad.
- We provide a healthy tea with consist of fruit/vegetables/salad and sandwiches.
- The babies are seated in chairs designed for babies with safety straps while feeding. The children are always supervised. If a child is held it will be discussed when the child is settling in and/or at parent request. We will aim to encourage progress by working alongside parent to enable a child to sit at the table in a chair.
- Whilst bottle-feeding, the babies are held in our arms.
- All children are encouraged to be independent while ensuring they also get the help and assistance they require.
- Those responsible for the preparation of food will undergo a food health and hygiene course. Any newly appointed staff and/or students volunteers will undergo our food handling induction training.
- Fresh drinking water will be made available for all staff and children at all times during the day.
- Ofsted will be informed of any food poisoning affecting two or more children. Notification will be made as soon as reasonably practical, but in any event within 14 days of the incident occurring.
- Advice will be given to parents about suitable foods to bring in, including suitable party foods and healthy options for packed lunches.
- Parents of children who require a special diet will be asked to provide as much written information as possible.