

Safer and Healthy Eating Policy and Procedure



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. All our lunches are freshly prepared by our nursery chef who is food and hygiene qualified with awareness of Food Allergens. Dietary requirements and allergens are seriously taken into account and alternatives are always available in such cases. The nursery chef ensures the quantity of the food prepared to offer the children and make sure they are presented in the right proportion, variety and sizes (fruit cutting to prevent choking). Discussions are made with parents regarding weaning, introducing solids and food preparation in a suitable way. The staff in the room ensures the same with pack lunches and informs parents for any changes needed. Our nursery is a nut free zone.

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 and the evening, 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 wraps, rolls etc.

General Procedures:

- Individual dietary requirements will be respected and planned for in advance
- There will always be a staff member sitting at each table ensuring Safety during meal times
- There will always be at least one Pediatric first Aid trained staff in the room especially at meal times.
- Conversation at mealtime will be encouraged, but not shouting.
- Children who eat slower will be given plenty of time to eat, without being rushed.
- Weekly menus will be displayed and parents are encouraged to give their ideas and comments.
- The babies are either seated in high chairs or appropriately sized low chair while eating. Safety straps are used and children are always supervised. Children will eat at a designated space with low distraction.
- Whilst bottle-feeding, the babies are held in our arms.



- All children are encouraged to be independent in self feeding, using appropriate cutlery, pouring their drinks and self-service, while ensuring they also get the help and assistance they require.
- 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.
- Those responsible for the preparation of food will be competent to do so. 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. 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 before the child start the setting. Care plans are completed for any child with allergies or long term medical conditions before the start date of the child.
- We will inform Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be made as soon as reasonably practical, but in any event within 14 days of the incident occurring. Individual dietary requirements will be respected.
- Any incidents during the meal times are documented with date, time, location, staff and the child involved. These are regularly monitored.