



THE NURSERY THAT HELPS LITTLE FEET TAKE BIG STEPS

Nutrition and Mealtimes

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Little Footsteps Childcare is 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, 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
- These menus will be reviewed and altered regularly to reflect the likes and dislikes of the majority of the children.
- 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 four servings of fresh fruit and vegetables per day
- Parents and children will be involved in menu planning, this is generally done through our questionnaires
- Fresh drinking water will be constantly available and frequently offered to children and babies
- Should children only drink squash, this will be available for the children upon request and out of the reach of other children
- 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 care plan for their child
- 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 only with the children, eating healthy food or snacks and show good table manners. Staff are not permitted to eat outside of the nursery snack or meal times whilst in the room with the children. The managers and deputy managers

have the power to remove and confiscate all food found in the room that is not in line with this policy.

- 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 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
- 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
- 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
- Children will be given time to eat at their own pace and not rushed
- Quantities offered will take account of the ages of the children being catered for and follow the guidance of health visitors and other such professionals
- We will promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery will provide parents with daily records of feeding routines for all children under two years old
- No child is ever left alone when eating/drinking to ensure that there is no risk of choking.
- Staff serving snack and meals will wear a black material apron and wash their hands thoroughly before servicing up, should staff be wearing false nails, blue gloves must be worn throughout.

Internal use only

This policy was first adopted on	6th Feb 2012
Signed on behalf of the nursery	GH (Gemma Hewett)
Date disseminated to staff	26th March 2012
Dated Reviewed & small alterations made	August 2022
Next review dated	August 2023