



Nutrition and Mealtimes Policy

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Loversall Farm Day Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We have recently retained our 5* food rating from Environmental Health with no actions attached and due to having consecutive past inspections resulting in a 5* rating, we are now identified as being an 'elite setting'.

Loversall Farm Day Nursery 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 parents to view via the Dayshare electronic system and are written on the blackboard which is displayed in the foyer.
- 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 3 servings of fresh fruit and vegetables per day.
- Fresh drinking water will be constantly available and frequently offered to children and babies. In hot weather staff will encourage children to drink more water to keep them hydrated.
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies, food intolerances, cultural requirements and food preferences. Where appropriate we will carry out a risk assessment in the case of allergies and food intolerances and work alongside parents to put into place an individual dietary plan for their child (please refer to the food allergy and food preference policy and procedure).
- Careful consideration will also be given to seating to avoid cross contamination of food from child to child. Staff will always sit with the children during mealtimes to ensure safety and minimise risks.
- Staff will show sensitivity in providing for children's dietary needs. They would not use a child's dietary need as a label for the child, or make a child feel singled out because of her/his dietary requirements.
- Staff will set a good example and eat with the children to 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 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 who refuse to eat the meal provided will be offered a healthy, balanced and nutritious alternative, but we will however encourage and support them to try the prepared meal.
- 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 the daily food intake recommended by the Foods Standard Agency (FSA).
- When preparing the menus the Nursery Manager and the Nursery Cook will take into account the Early Years Foundation Stage Nutrition Guidance (May 2025), the Eatwell Guide and the Healthy balanced diet for children as written by the Department for Education
- To ensure children's meals are healthy, balanced and nutritious the Nursery Manager and Nursery Cook will consider the requirements of the traffic light system to ensure the content of fats, saturates, sugar and salt are appropriate
- Staff will be aware of the four main food groups as defined in the nutrition guide
- We will promote positive attitudes to healthy eating through play opportunities and discussions.
- The nursery will record children's food intake on the Daycare electronic system for children 0-2 years, parents of the children in the 3-5 year room will be informed of what the children have eaten at the point of collection.
- No child is ever left alone when eating/drinking to ensure that there is no risk of choking.
- There will always be at least one member of staff in each room with paediatric first aid when children are eating
- All staff will complete paediatric first aid (12 hours), Food safety (Level 2) and Allergy awareness training (Level 2). All training will be updated every three years or sooner if recommended. Only staff with food safety and allergy awareness training and are deemed competent will be involved in the preparation and handling of food.
- If parents insist on bringing birthday cake for their child, this will need to be shop bought and be contained in the original, unopened box with a list of ingredients. The ingredients will be copied and passed, along with the cake, to the parents at the end of the day, it will then be the parents choice as to whether they wish their child to consume the cake. Any cake presented to the nursery that has 'containing nuts, may contain nuts or is made in a factory that uses nuts, will be passed back to the parent and will not be used due to us

being a 'no nut' nursery. We will be respectful of children with any specific dietary needs. Home made cakes/buns will not be accepted.

- In the unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.
- Loversall Farm Day Nursery have regard to the Early Years Foundation Stage Nutrition Guidance – May 2025 and will at all times follow safer food policies.

This policy was adopted on	June 2017
Signed on behalf of the nursery	
Signed by the nursery owner	
Date of review	September 2026