Nutrition and Mealtimes Policy

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| EYFS: 3.48 – 3.50 |

At **Bombini Tribe Day Nursery** 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 snacks, which meet individual needs and requirements.

We ensure that:

* A balanced and healthy snack is provided during our morning session to all children at the nursery
* We provide nutritious food during each snack time
* Only milk and water are provided as drinks to promote oral health. Fresh drinking water is always available and accessible together with the children’s own bottle of drink brought in from home (water only given). 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. 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 plan for their child
* 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 snack to ensure safety and minimise risks. Where appropriate, age/stage 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. Lunch and snack times are organised so that they are social occasions in which children and staff participate in small groups. During lunch and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
* Staff use lunch 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
* Where we can, 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 are respected
* Any child who shows signs of distress at being faced with a food he/she does not like will have his/her food removed without any fuss.
* Children not on special diets are encouraged to eat a small piece of everything
* 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 young children
* We promote positive attitudes to healthy eating through play opportunities and discussions
* 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. Where we have frequent birthdays and celebrations we consider other (sometimes non-food) alternatives.
* We doallow parents to bring in cakes on special occasions. If other items such as sweets supplied by parents, they are to be distributed at the end of the day so our families can decide when their child eats them. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure
* All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
* In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the 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.

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| **This policy was adopted on** | **Signed on behalf of the nursery** | **Date for review** |
| *1 September 2021* | *Sally Ward* | *30 August 2022* |
| *Rachel Hussell* |

*Previous review 20 September 2021/RH*

*Last review 11/10/2022/sw*