



Nursery Manager: Miss Nina Young



Field of Dreams Nursery,
St. Sebastian's Primary School, Holly Road, Liverpool L7 0LH
Tel: 0151 264 8945 Fax: 0151 261 9050
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Nutrition and Mealtime Policy

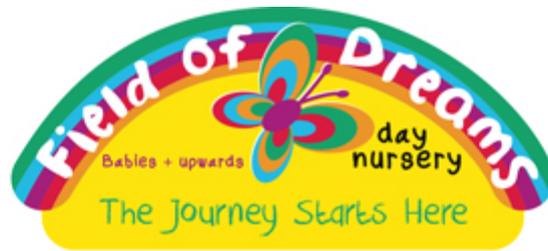
At the **Field of Dreams Nursery** we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced meals and snacks, which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy breakfast, midday meal, and a mid-afternoon snack are provided for children attending a full day at the nursery
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view (Daily menu board located in Nursery Foyer, and weekly menus displayed on main downstairs nursery room door and Pre-School Room door)
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus include at least **3-5** servings of fresh fruit and vegetables per day
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. 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. Should there be any dietary requirements then a dietary requirement form is to be completed by the child's Parents and shared with all staff in the nursery.

- We consider seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with children during meals 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, eat with the children, and show good table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use meal 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
- 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 meal he/she does not like will have his/her food removed without any fuss. If a child does not finish their meal then a replacement meal would be provided.
- 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 babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily written records of feeding routines for Children in Baby Room and Toddler Room. Pre-School Room have a written display in their room of what the children have had to eat.
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We do allow parents to bring in cakes for their child's Birthday. 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. Cake MUST be unopened and still in its original packaging.
- 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



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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.

<i>This policy was adopted on</i>	<i>Signed on behalf of the Nursery</i>	<i>Date for review</i>
20 th August 2019	Miss Nina Young & Miss Lauren Gleeson	19 th August 2020