

## Nutrition and Mealtimes

EYFS: 3.47 – 3.49

At Start Well Learning 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, snacks which meet individual needs and requirements.

We will ensure that:

- Two daily snacks are provided for children attending a full day at the nursery.
- Snack menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Fresh drinking water is always available and accessible. 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 setting. 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. An adult will sit with children during snack time and lunch-time to ensure safety and minimise risks. Where appropriate, discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods
- Lunchtime and snack times are organised so that they are social occasions. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use lunchtime 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
- Children are given time to eat at their own pace and not rushed
- 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. These will be given at snack times to prevent tooth decay and not spoil the child's appetite.
- We do allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and

ingredients that are listed within the 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