



Nutrition and Mealtimes

EYFS: 3.47 - 3.49

Policy

At **Evergreen** 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 all children's individual needs and dietary requirements.

Procedures

We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and an 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 on the front door for parents to view.
- The ingredients of each food and allergen information is available to parents, upon request.
- The lunchtime menu is developed using children's likes and dislikes and ensuring there is a balance of protein, carbohydrates, fresh vegetable or salad. We review this regularly and include meals we know the children like best and will eat.
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- Fresh drinking water is always available and accessible.
- Milk and water are offered at meal and snack times.
- Children are encouraged to try new foods, and to eat a good amount of their meals. We use praise and introduce new tastes with excitement. We never use withholding of food as a behaviour strategy.
- Staff will follow parental wishes and feeding regimes for all children who are bottle fed or weaning. The nursery will provide formula and make appropriate food for all ages and stages of development.

- Staff sit with children, they model table manners including please, thank you, sitting carefully, using cutlery correctly, eating politely, trying new foods. The model social interactions and encourage children to chat with each other.
- Children are taught and encouraged to develop independence. Children get their own plates, cups and cutlery, pour their own drinks, cut up their own food, scrape their plates and load their pots into the dishwasher. Older or more able children support the younger/less able and take on job roles like cup monitor, chair stacker.
- Individual dietary requirements are respected and always adhered to. 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 nursery.
- For children with allergies the following is adhered to:
 - Information from health professionals is obtained from parents.
 - A care plan, and food allergy record sheet are drawn up with parents and shared with all staff.
 - The child's photo, name and allergy details are added to the display in the kitchen area.
 - A colour coded placemat is made for the child which is used at every mealtime.
 - Care plans are reviewed termly.
 - Parents are asked to keep us up to date with any and all changes to the child's health and diet.
 - Separate utensils, plates, cutlery and equipment are made available and food is stored and prepared separately to avoid any cross contamination.
 - Where appropriate, an adult will sit with an individual child during meals to ensure safety and minimise risks.
 - Age 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.
- 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, these are discussed and used as a teaching opportunity.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed.
- Children who refuse to eat at the mealtime are offered food later in the day.
- 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.
- 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 mealtimes to prevent tooth decay and not spoil the child's appetite.

- We allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets 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. If a child cannot have cake, we provide an alternative treat they can safely eat.

Food hygiene

- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years. They are also trained online in food allergy awareness.
- Daily opening and closing kitchen checks are completed as shown on our checklist.
- We use reliable suppliers for the food we purchase.
- Food is stored at correct temperature and in separate containers or shelves following hygiene and safety guidelines.
- Food preparation areas are cleaned following manufacturer guidelines.
- Staff preparing food will wear an apron, wash hands initially and in between different foods and tie hair up.
- We use colour coded boards to avoid cross contamination.
- All cooking and serving instruments are cleaned and stored appropriately to maintain hygiene standards.
- Food waste is disposed of twice daily in the correct bins.
- Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within our setting, the manager will contact the Environmental Health Department to report the outbreak and will comply with any investigation.
- We notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.

| This policy was adopted on | Signed on behalf of the nursery | Date for review |
|-----------------------------------|--|------------------------|
| <i>April 2022</i> | <i>L Davy</i> | <i>March 2023</i> |
| <i>October 2022</i> | <i>L Davy</i> | <i>October 2023</i> |