

### **Statement of intent**

This setting regards snack and mealtimes as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### **Aim**

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet all legislation in respect of the Welfare Requirements. Drinks are freely available throughout the day in the older children's rooms and offered to younger babies and children on a regular basis.

All children are encouraged to serve their own food at mealtimes and feed themselves using a knife and fork. Children are encouraged to behaviour appropriate at the table and mealtimes are used for educational and socialising with peers.

Younger babies are weaned when developmentally ready; communication with parents and carers is sought before the weaning process is started, finding out the child's dietary requirements and needs, and the wishes of the parents. Food will be pureed, then small lumps will be introduced then gradually meals will be introduced.

### **Methods**

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- Children that have an allergy that has been diagnosed by a doctor will be given a Health IEP. N.B proof must be given from a doctor.
- Children with undiagnosed allergies or food they cannot eat will be recorded on a child dietary form and all discussions with parents **MUST** be recorded on the form and signed by both parents and staff to avoid confusion.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives, and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.

- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff 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.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- To protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk.
- For each child under two, we provide parents with daily written information about feeding routines, intake, and preferences.
- In the remote chance that we are unable to provide a cooked meal at lunchtime due to breakdown of cooking equipment we shall make all appropriate arrangements for food to be supplied by a reputable caterer who conforms to all current legislation as laid down by Environmental Health.
- If a pack lunch is provided for a child to have whilst they are nursery, we ask that this is food that is ready to eat (for example a sandwich or crackers something that does not need reheating) as well as balanced, varied, and healthy. A pack up from home is instead of a lunch provided at nursery and cannot be sent as an alternative if they do not eat the dinner.
- Meals are planned and a menu is always available so parents/carer know what their child will eat that day, this may change from time to time for unforeseen circumstances.
- All children having a nursery meal will be offered the meal and encouraged to eat and try the meal before it is taken away, alternatives will not be provided (due to the volume of children attending) staff will ensure a child who has not eaten dinner will be given extra afternoon snack and staff will communicate with parents and discuss moving forward.
- We talk and discuss about oral health and the importance of looking after our teeth, also discussions around the food and drinks we have and what effect they have on our teeth and our bodies.

## History log

Rev.no.	Date	Description of revised issues
1	30/11/2016	Initial Revision
2	01/11/2017	No changes to content.
3	01/11/2018	No changes to content.
4	01/11/2019	No changes to content.
5	01/11/2020	No changes to content.
6	01/08/202	Updates around oral health (EYFS updates 2021).
7	01/08/2022	No changes to content.
8	01/08/2023	No changes to content.

This policy has been approved and authorised by:

Author	Approved By	Authorised By	Revision No.	Valid From
Vicky Gray	Vicky Gray	Sarah Russell	8	01/08/2023

This document has been electronically approved; hence it contains no signature(s).