



## **FOOD AND DRINK POLICY**

Mealtimes at Monkey Puzzle Day Nursery are a happy, social occasion for all children and staff alike. Positive interaction should be shared at these times and enjoyed. Monkey Puzzle Day Nursery is 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 two daily snack times are provided for children attending a full day at the nursery
- Menus will be planned in advance, rotated regularly and reflect cultural diversity and variation. These will be displayed for children and parents to view
- With guidance from our nutritionist we aim to ensure, as far as is reasonably possible, all meals we provide are nutritious and free from large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus will include at least 5 servings of fresh fruit and vegetables per day
- Fresh drinking water will be constantly available and accessible. It is frequently offered to children and babies
- Individual dietary requirements will be respected. We will 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 is admitted to the nursery. Such information is recorded in the child's registration records which parents will sign to confirm that it is correct. 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
- All children will be provided with place mats bearing the child's name and details of their allergy and specific requirements, using a traffic light system. Red place mats are allocated to children with allergies and/or specific dietary requirements, Yellow for parental preferences such as vegetarian, no sweet foods etc and Green for children who are able to eat everything. The placemat system highlights to staff the need for extra care when serving food
- Staff will show sensitivity in providing for children's diets and allergies. They would 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 will set a good example and sit and eat with the children and demonstrate good table manners
- Meal and snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use their manners and say 'please' and 'thank you' and conversation will be encouraged
- Snack times will be a rolling snack for Pre-school children
- Self service will be promoted in the Toddler and Pre-school rooms
- Staff will use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves. Staff will 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 will be 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 his/her first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime will be offered food later in the day
- Children will be given time to eat at their own pace and not rushed
- Quantities offered will take account of the ages of the children being catered for



- We will promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery will provide parents with daily written records of feeding routines for all children
- No child is ever left alone when eating/drinking to minimise the risk of choking
- All staff that prepare and handle food are competent to do so and receive training in food hygiene
- All staff that serve food will wear protective aprons and use utensils to prevent the risk of cross contamination.
- Staff will complete a form each day for each individual child This will then be completed by the nursery chef with details of the days prepared meals and sign. Staff will then sign the form upon collection of the “special diet” meals
- Staff will complete daily meal numbers sheet each day for the nursery chef to confirm numbers of children who require a preference meal and those children who require a standard meal, included on this sheet is a section which details the need for “special diet” requirements detailing the dietary requirements for those with allergies or preferences
- Special diets will be served by the nursery chef on a plate & labelled with the child’s name, dietary requirement & the contents of the day’s meal

Ofsted will be notified of any food poisoning affecting two or more children looked after on the premises as soon as reasonably practicable but in any event within 14 days of the incident.