



## *nutrition and meal times*

*Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Noah's Ark 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, tea and two daily snacks are provided for children attending a full day at the nursery*
- Snacks will be rotated regularly and reflect cultural diversity and variation.*
- We provide nutritious food at all snack, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings*
- Fresh drinking water will be constantly available and accessible. It is frequently offered to children.*
- 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. 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*
- 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 eat with the children and show 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*
- 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*
- *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*
- *We will 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*
- *All staff that prepare and handle food are competent to do so and receive training in food hygiene.*

### ***Packed lunches***

*As we cannot provide cooked meals children are required to bring packed lunches, we:*

- *ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;*
- *inform parents of our policy on healthy eating;*
- *inform parents of whether we have facilities to microwave cooked food brought from home;*
- *encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;*
- *discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;*  
*ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.*

Internal use only

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date disseminated to staff</b>	<b>Date for review</b>
November 10 <sup>th</sup> 2014			September 2015