



POLICY 15: NUTRITION AND MEALTIMES

Meal times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Balmore Kindergarten is committed to offering children with healthy, nutritious and balanced meals and snacks which meet individual's needs and requirements.

We will ensure that:

- A balanced and healthy breakfast, midday meal and an afternoon snack 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 parents
 - We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
 - Menus will include recommended servings of fresh fruit and vegetables per day
 - Parents and children will be involved in menu planning
 - Fresh drinking water will be constantly available and 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 allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet 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
 - . 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 promote 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

BALMORE kindergarten

- 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 food removed without any fuss. If a child does not finish his 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 who are slow eaters will be given time 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 under 3
 - The nursery uses the 'Setting the table' guideline to compose all menus.

Policy update on 22nd April 2016

Manager's signature _____

Date of review 22nd April 2017