

## 28. Nutrition and Food Provision Policy

Mealtimes should be an enjoyable, social occasion for children and staff, and an opportunity to share positive interactions and promote learning across the curriculum. Bonnington House Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements and which follow national nutritional guidelines for under 5s. This will be demonstrated by the menus devised by our Nursery Cooks and made available to parents for comment. Parents will be invited to suggest recipes for inclusion on our menus. Our nutrition policy and the preparation of our menus is guided by the Scottish Government's Nutritional Guidance for Early Years.

Bonnington House Nursery employs two Nursery Cooks with experience of working in commercial kitchens and catering within care settings. Their professional experience and knowledge will ensure that the provision of food within the Nursery is done to the highest standards through:

- efficient management of the kitchen environment, including stock control
- possession of the required Food Hygiene and Health & Safety certificates
- knowledge of current nutritional guidelines
- liaising with staff and parents over individual needs and menu ideas
- interacting with children to encourage healthy eating and promote learning
- sourcing local fresh produce and varying menus seasonally to take account of this
- responding to feedback from children, staff and parents on menu choices
- using their own expertise in creative cooking and baking for children
- preparing dishes which celebrate cultural diversity and festive traditions

This is in addition to Nursery policy on nutrition and food provision:

- Early session children who do not have breakfast at home will be offered this when they arrive, with cereals provided by the parents, toast, milk etc provided by the Nursery
- A balanced and healthy morning snack, 2 course lunch (main course and pudding) and substantial afternoon tea are provided for children attending a full day at the nursery
- Menus will be planned in advance, rotated regularly and reflect cultural diversity and season. These will be displayed for children and parents to view in each room. Copies will also be sent to parents via email.
- 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 at least 4 servings of fresh fruit and vegetables per day
- Parents and children will be involved in menu planning, and given the opportunity to make suggestions to keep the menu interesting and enjoyable
- Fresh drinking water will always be available and frequently offered to children and babies.
- Milk or water will be served with morning and afternoon snacks.
- Individual dietary requirements will be respected using information gathered 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 dietary plan for their child
- A photograph and dietary notes for all children will be supplied to the Nursery Cooks and any children with special dietary needs or allergies will be highlighted
- Staff will show sensitivity in providing for children's diets and allergies; they will not allow other children to make the 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, self-serving food and drink, and clearing tables after meals. 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. Unless on special diets children will be encouraged to eat a small portion of everything
- Withholding food will not be used as a form of punishment.
- Children who refuse to eat at the mealtime will be offered food later in the day
- Parents or guardians will be advised if their child is not eating well
- 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 under the age of 2 years
- No child is ever left alone when eating/drinking to ensure that there is no risk of choking.
- Sample menus will be displayed on our website, sent out to parents on request, and included as part of the registration pack for enquiring parents

**Internal use only**

This policy was adopted on	
Signed on behalf of the nursery	
Date disseminated to staff	
Date for review	