



Little Swans Day Nursery Nutrition and Mealtimes

May 2020

EYFS: 3.47 – 3.49

At **Little Swans Day Nursery** we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are 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
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view at nursery and on our website www.littleswans.org.uk and any changes are updated on the nursery app
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus include at least five servings of fresh fruit and vegetables per day
- Parents and children are involved in menu planning
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated.
- Individual dietary requirements are respected. We 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 starts or joins 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
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods
- Staff show sensitivity in providing for children's diets and allergies. They 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. Staff talk with children about their requirements and provide them with knowledge to enable them to also risk manage their own allergy requirements with appropriate support
- Staff set a good example and encourage good table manners. Meal and snack times are organised so that they are social occasions in which children and staff

participate in. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged

- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves
- Staff support children to make healthy choices and understand the need for healthy eating
- Staff are encouraged to drink water while in the rooms with the children, as it is required that the children drink water only. Staff are able to drink other drinks in the staff room during their lunch breaks, but water only in the room
- 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 are 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.
- Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily written records of feeding routines for all children which are available on their own parent account through the learning journals site
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as a birthday cake. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite.
- We do allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.



Packed lunch and packed tea may include:

- ✓ At least one portion of fruit and/or vegetable (this could include dried fruit)
- ✓ Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- ✓ A sandwich/wrap that includes a savory filling (e.g. egg, tuna, cheese, cooked meat)
- ✓ A starchy food such as bread, pasta, rice, noodles
- ✓ Dairy food such as cheese, yogurt, fromage frais
- ✓ One biscuit bar, cereal bar or flapjack
- ✓ One mini 'fun size' chocolate or cake bar/muffin per day maximum
- ✓ One individual sized packet of crisps or other savoury snack such as crackers or breadsticks
- ✓ Water will be available at the table.

Notes: No grapes or cherry/ plum tomatoes due to choking

NO NUTS of any description including Nutella / own brands due to nut allergies

Packed lunches and packed tea should not include:

X More than one small chocolate or cake bar/muffin per day.

X Fizzy or energy drinks.

X Nuts and nut products (e.g. peanut butter) these should never be sent to Nursery because of allergy concerns. This includes items such as cereal bars containing nuts. Neither are children allowed to share food items for this same reason.

- During lunchtimes our staff talk with children about their lunchboxes to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices, so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box, in order for you to see.

Nursery is unable to provide fridge space, so requests that food from home is in insulated bags or plastic containers to keep food cool, appetising and safe.

Please find tips for a healthy lunch box in the appendix for this policy

| This policy was adopted on | Signed on behalf of the nursery | Date for review |
|-----------------------------------|--|------------------------|
| <i>May 2020</i> | <i>S Tranter</i> | <i>May 2021</i> |

Tips for a Healthy Lunchbox:

- The NHS Change 4 Life webpages set out tips for healthy lunchboxes as follows and can be found here: <https://www.nhs.uk/change4life-beta/healthier-lunchboxes>
- Keep them fuller for longer: Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- Mix your slices: If your child does not like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.
- Freeze your bread: Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.
- DIY lunches: Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.
- Less spread: Cut down on the spread used and try to avoid using mayonnaise in sandwiches.
- Cut back on fat: Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.
- Evergreen: Always add salad to sandwiches – it all counts towards your child's 5-a-day.
- Always add veg: Cherry tomatoes or sticks of carrot, cucumber, celery and peppers all count towards their 5-a-day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.
- Cut down on crisps: If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for plain rice cakes instead.
- Add bite-size fruit: Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it going brown.
- Tinned fruit counts: A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.
- Swap the fruit bars: Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes, as it can be bad for your child's teeth.
- Watch the teeth: Dried fruit can be stuck in their teeth so should be only eaten at mealtimes to reduce the risk of tooth decay.
- Swap the sweets: Swap cakes, chocolate, cereal bars and biscuits with malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).
- Go low fat and lower sugar: Go for low fat and lower sugar yoghurt or fromage frais and add your own fruit.
- Check your cheese: Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.
- Get them involved: Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.
- Variety is the spice of lunchboxes: Be adventurous and get creative to mix up what goes in their lunchbox.