

### Meal Times and Nutrition Policy

Springboard Nursery is committed to offering children a healthy, nutritious, and balanced diet that meets each child's needs and requirements.

#### Springboard Nursery will ensure that:

- A balanced and healthy breakfast, midday meal, tea, and one daily snack are provided for children attending a full day at the nursery.
- We will avoid large quantities of fat, sugar, salt, artificial additives, and colourings when providing our food.
- Menus will be planned and rotated regularly, and they will reflect cultural diversity and variation. Menus will be displayed for parents/carers to view.
- The daily menu will incorporate 5 servings of fruit and vegetables.
- Parents and children will be involved in menu planning, this can be done by listening and acting on your feedback, also we will encourage families to share recipes and communicate with the nursery senior cook.
- 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 will not use a Childs diet or allergy as a label for the child, or make a child feel singled out because of their diet/allergy.
- Staff will be good role models and provide a good example including good table manners. We will encourage the children to say 'please' and 'thank you' and the mealtime environment will be sociable events where the children will sit in small groups...
- Staff will use meal and snack times to help promote independence through making choices, serving food and drink and feeding themselves.
- We provide foods from the diet of each of the Childs 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 that they do not like; they will have their food removed without any fuss. If a child does not eat all their main meal, the child will still be given a small amount of dessert. Children will be encouraged to eat/try a small piece of everything.
- Children who refuse to eat at mealtimes will be offered food later in the day.
- Children who are slow eaters will be given time and never rushed.
- Quantities will take account the ages of the children - we will be following best practice for the voluntary food and drink guidelines for early years (children's food trust)
- 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.

This policy was implemented by Springboard Management Team: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior. Please note any updates and changes will be forwarded by email.

Date: 01.09.2022