



## Dietary Needs Policy

### Policy Statement:

The setting regards snacks and meal times as an important part of the settings day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We will promote healthy eating using resources available and at snack and meals times, we aim to provide nutritious food, which meets the individual dietary needs of the children.

We will ensure each child's individual dietary requirements are considered and catered for. An initial registration form will be completed by parents with any special requirements and medical needs listed for the nurseries records.

A care plan will be filled out by parents during the settling in week with specific details regarding the child's dietary needs and how the nursery should manage them. The care plan will be discussed with the key person so that there is a clear understanding between the parents and the nursery staff. A list will be formulated for the chef to display in the kitchen and he will ensure alternative meals/ingredients are available for children when necessary. A poster will also be displayed in your child's room with their photo and a clear list of their needs, all staff working within that room will refer to the allergy board everyday.

Parents will be required to inform the nursery of any changes to the child's dietary needs. These children shall be catered for and alternatives made.

The chef will review the nursery menu every 6 months, ensuring it is culturally diverse, seasonal, nutritious and balanced. Food with large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings will be avoided. A variety of foods from the four main food groups will be included:

- Meat, fish and protein alternatives
- Dairy foods

- Grains, cereals and starch vegetables
- Fruit and vegetables

The nursery will not serve nuts, however we cannot guarantee that some products supplied do not contain traces of nuts.

The nursery will not serve red meat or pork and will have alternatives on the menu i.e. quorn

### **Snacks**

Children will have snacks at around 10.30am and 2.30pm depending on their involvement in 'play' or sleep time. Snack will consist of a selection of fruit and water for morning snack and cracker, rice cakes, breadsticks or vegetable batons with dips and milk in the afternoon. The snacks are served with a drink and children are encouraged to help themselves and others.

Children in the Yellow rooms will have access to their own water bottles throughout the day, during hotter weather staff will encourage all children to drink regularly. Children in the Purple and Green rooms will be given their water cups regularly throughout the day.

Snacks in the younger rooms will often be prior to 'circle time'. This is when the children will have an opportunity to sit and talk to each other and listen to their friends, sing songs and listen to stories.

### **During mealtimes, staff will:**

- Promote shared discussions on healthy eating
- Provide opportunities to make choices and try new foods
- Encourage independence
- Encourage politeness and table manners such as 'please' and 'thank you'

**Legal Framework:**

Regulation (EC) 852/2004 of the European Parliament and of the council on the hygiene of foodstuffs.

Policy Date: May 2021	Date to be reviewed: May 2022
Name of Signatory: Kristy Renshaw	Position: Manager
Signature:	<i>Signed on behalf of Apple Day Nursery</i>