



Nutrition Policy

Statement of intent

Snack and mealtimes are an important part of the day. Eating should not only provide essential nutrition but serve as a time to learn about healthy eating and develop valuable social skills. We acknowledge the importance of shaping good eating habits in children from an early age.

Aim

Food provided is designed to be nutritious and meet the needs of each individual child. Food provision will be based on Welsh Government Food and Health Guidelines for Early Years and Childcare settings.

Detail

- Staff will receive accredited training in relation to healthy eating and cooking with under 5's, as well as food safety/hygiene.
- An 8 weekly menu cycle is in place and available on request.
- Recipes used in our menus will be available to parents on request.
- Food based activities and play are carried out to ensure children are introduced to the concept of nutrition and physical activity linked with health. These activities are reported upon within our daily diaries.
- Children will have opportunities to be involved with activities and experiences where they make decisions about healthy food choices and trying new foods i.e role play, tasting, feely games.
- Children will be encouraged to play outside on a daily basis (weather permitting), to ensure they are exposed to daylight which helps their bodies make essential Vitamin D.
- Parents are encouraged to offer menu suggestions, a suggestion box is available at the main entrance.
- Infant formula will be made up in accordance with Welsh Government guidelines "Safer Bottlefeeding". Babies will never be left propped up with a bottle of feed.



- Full fat milk will be served as a drink for those aged between 1 and 2 years. Semi skimmed milk will be provided for children over 2 years, providing the child is eating a varied diet.
- Weaning is initiated in partnership with parents at 6 months of age but never before 4 months. Salt and sugar are not added to weaning foods.
- All drinks are offered in lidless or free flowing cup from 1 year of age.
- Water and milk will be available throughout the day.
- Parents are encouraged to provide food in keeping with Welsh Government Food and Health Guidelines for Early Years and Childcare settings. Therefore we request that they do not send sweets, crisps, and other snack food to the setting.
- Parents will be advised if their child is not eating well.
- Children are encouraged to sit at the table when eating or having a drink. Staff will sit with the children when they eat, to encourage good eating habits and table manners.
- Children are encouraged to prepare foods (i.e practicing pouring, spreading and chopping skills).
- Children will be given plenty of time to eat and will be allowed to have dessert if they do not eat their main course.
- Withholding food will not be used as a punishment. Similarly, food and drink will not be used as a reward.
- Parents of children with allergies will discuss this with staff so an allergy plan can be agreed between all parties.
- Parents of children on special diets will be asked to provide as much information as possible about suitable foods and drinks. In some cases parents may be asked to provide the food themselves. Up to date records will be kept, detailing specific children's dietary needs.
- Birthdays and other celebrations will be marked as special occasions using imagination. We request that parents do not bring cake into the setting as this would compromise our healthy eating practices.
- Fridge/freezer temperatures are taken and recorded daily.
- All children will have their hands washed before and after snack time/meal time, similarly all staff will wash their hands before preparing food and helping children to eat.
- All tables are cleaned with anti-bacterial spray prior to and after snacks.

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- We have a Food Hygiene Rating of 5 and are due for review every January.
- The person in this setting with overall responsibility for nutrition is Andrea Morgan.
- This policy will be reviewed annually.