

At the Teddy Bears Inn day Nursery mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. The Teddy Bears Inn day Nursery is 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 will be planned in advance, rotated on a five weekly basis and reflect cultural diversity and variation. These will be displayed for children and parents to view
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
- We will make sure children are provided with fresh fruit and vegetables throughout the day.
- Parents are given the chance to comment on the food their children are provided with and their views will be respected and discussed. Although the setting will not provide unnutritious alternatives. Instead practitioners and parents will work together to provide children with plans to encourage healthy eating.
- 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 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 will show sensitivity in providing for children's diets and allergies. They would 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 will set a good example and always show good table manners. Meal and snack times will be organised so that they are social occasions in that whenever possible children and staff participate in small groups. If staff eat with the children, they will abide by our healthy eating policy. During meals and snack times children will be

encouraged to use their manners and say 'please' and 'thank you' by positive reinforcement and modelling. Conversation will be encouraged

- Staff will use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. 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 be given a pudding of normal size, although the other children will be offered extra. Children not on special diets will be encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime will be offered food later in the day
- 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 2 and over 2 if requested.
- No child is ever left alone when eating/drinking to ensure that there is no risk of choking.
- All staff that prepare and handle food are competent to do so.
- Members of staff in charge of food handling training and the preparation of full meals will hold a full food hygiene certificate
- We do allow parents to provide cakes for celebrations providing they do not contain any of the main allergens
- We allow parents to bring in sweets for their child's friends on their birthday. These sweets will be passed directly to parents at home time.

At the Teddy Bears Inn day Nursery, we believe in quality locally sourced meat and vegetables and will provide these whenever possible.