



Crank Nursery, Crank Hill Crank, St Helens, WA11 7SD Tel: 01744 886166 Email: info@cranknursery.co.uk

Nutrition & Mealtimes

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Our 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 and tea are provided for children attending a full day at the nursery

Menus will be planned in advance, rotated regularly and reflect cultural diversity and variation.

These will be displayed for parents

We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings

Menus will include servings of fresh fruit and vegetables every day

Parents and children will be involved in menu planning

Fresh drinking water will be constantly available and frequently offered to children and babies

Individual dietary requirements and allergies will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. If a child has an intolerance or allergy it is the parents responsibility to inform the nursery manager, putting in writing exactly what their child is able/ unable to eat. The manager will then advise the relevant staff and the chef. If needed we will work alongside parents to put in place an individual diet plan for their child.

Any food poisoning will be reported to the local environmental health and Ofsted.

Staff will show sensitivity in providing for children's diets and allergies. They will 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 sit with the children during mealtimes and show good table manners. Meal and snack times will be organised so that they are social occasions in which children and staff participate in small group.

During meals and snack times children will be encouraged to use their manners and say 'please' and 'thank you' and conversation will be encouraged

Staff will practice good hygiene, especially when handling food/drink and will encourage the children to wash hands before meal and snack times



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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 a fuss. If a child does not finish his/her first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything

Children who refuse to eat at mealtimes will be offered alternative food later in the day

Children who are slow eaters will be given time 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 of all under 2's with a daily record of feeding routines

No child is ever left alone when eating/drinking to ensure that there is no risk of choking.