

**At Stretton Lodge we believe that meal times should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.**

We are 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 (for children attending breakfast care), midday meal, a light tea and two daily snacks and a are provided for children attending a full day at the nursery
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus include at least 3 servings of fresh fruit and vegetables per day
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the nursery.
- 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 show sensitivity in providing for children's diets and allergies. They do 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 set a good example and regularly eat with the children and show good table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in groups.
- During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- Staff support children to make healthy choices and understand the need for healthy eating
- We provide foods from the diet of different cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- 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 still be given a helping of dessert
- Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily written records of feeding routines for all children in Day Nursery and a brief summary for children in Nursery and Pre-school
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite.



- We allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and we ask that any cakes bought in are shop bought and in the original packaging so that we can check for allergens
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

### Allergens

From 13th December 2014, early years settings were required to provide information about any allergenic ingredients used in food we provide. It is our responsibility to ensure that we provide allergen information.

How we do this:

Details of these allergens will be listed clearly in the kitchens and on menus in rooms. This information can also be provided orally by a member of staff. It is important that the allergen information should be easily accessible and readily available to parents and children.

There are 14 major allergens which need to be declared:

1. Cereals containing gluten namely wheat (including specific varieties like spelt and Khorasan), rye, barley, oats and their hybridised strains) and products thereof
2. Crustaceans and products thereof (for example prawns, lobster, crabs and crayfish)
3. Egg and products
4. Fish and products
5. Peanut and products
6. Soybeans and products
7. Milk and products thereof (including lactose)
8. Nuts (namely almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut and Macadamia nut (Queensland nut) and products

## Nutrition and Mealtimes

9. Celery and products
10. Mustard and products
11. Sesame seeds and products
12. Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/L in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers
13. Lupin and products
14. Molluscs and products (for example clams, oysters, scallops, snails and squid)