

Monty's Daycare Food, Drink & Mealtime Policy and Procedure

Links to the EYFS; *Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. (Food and Drink 3.47, 3.48, 3.49)*

Monty's regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance campaign *Feeding Young Imaginations*. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. All nursery rooms have been issued with the portion guidance for 1-4 year olds leaflet and it is available on the parent boards.

Procedures

We follow these procedures to promote healthy eating in our setting,

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the updated permission form to signify that it is correct as each child moves into next room.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs.
- We plan menus in advance, and regularly review our menus to ensure that they are popular.
- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - Fruit and vegetables.

- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We provide a vegetarian alternative on days when meat or fish are offered, for children that are vegetarian or if their religion dictates that they cannot eat certain meats.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff 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.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at anytime during the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk for under 2's and Semi skimmed for over 2's.
- For each child under three, we provide parents with daily written information about feeding routines, intake and preferences.
- We ensure that staff sit with the children while they eat their lunch so that the mealtime is a social occasion.
- Staff are permitted to only drink water and eat only healthy foods that are available to the children. Other drinks are permitted in the beakers provided and kept in the kitchen or out of sight of the children.
- Hot drinks are only permitted when in a sealable flask, kept out of reach of all children and not to be taken into Manic Monsters or the garden.

Mealtimes are a very beneficial time for children in lots of areas of their development. We have put this policy in place to ensure that children are given the best opportunity to get the most out of mealtimes when eating at Monty's Daycare. This policy should be followed at every mealtime in every room.

At mealtimes:

- There should be a member of staff sitting with the children at or between each table.
- Children should be encouraged as much as possible to feed themselves but also given support if they need it.
- Children should be able to help themselves to the food and drink provided, being given support and help when needed.
- Children in the Nursery and Toddler Room should all wear some sort of protective clothing, either a bib or a food apron. Once the Children move up into Kindergarten or Pre-school children will be supported to feed themselves without these.
- Children should be able to interact with the other children freely.
- Good table manners will be encouraged to all the children at every mealtime.
- If a child does not like the food they will not be force fed, they will be encouraged to try it and offered bread and butter or fruit if necessary.
- Mealtimes should be a happy time for children and we will try to achieve this at every opportunity.

As stated in the Children's food trust Food Guidelines for early Years settings;

"A dessert should be provided as part of lunch and tea each day. Vary the desserts you offer with main meals each week. Provide one dessert from each of the following groups each week to ensure children are getting a variety of different dessert types:

**hot fruit-based desserts such as crumbles or baked apples*

**milk-based desserts such as semolina, rice pudding or custard, Yoghurt or fromage frais*

**Cakes and biscuits containing fruit, such as carrot cake or fruit flapjack*

**Cold desserts such as fruit salad.*

Desserts, puddings and cakes made with cereals (such as rice or oats), milk and fruit can be included as part of a healthy, balanced diet for young children. Desserts and cakes provide energy (calories) and essential nutrients such as calcium and iron."

Please refer the Eat Better, Start better food and drink guidelines via the following link for more information.

<http://www.childrensfoodtrust.org.uk/resources/ebsb-resources/guidelines>



At Monty's we aim to supply meals following "The Eatwell plate" to ensure we are providing healthy balanced meals daily and that come from each food group.

Legal Framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.
- Early Years Foundation Stage – Food & Drink (3.47, 3.48); Information for Parents (3.73)

*This policy was revised at a meeting in January 2019 Kerry Allen (Nursery Manager), Naomi Washer (Nursery Deputy Manager) & Sharon Hawkins (Kitchen Manager) were present.
(Policy and procedure to be revised in the month of January 2020 spring term).*