

Nutrition and Mealtimes

At Waltham Pre-school we believe that mealtimes 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, midday meal, and two daily snacks are provided for children attending our setting.
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view. School meals are provided by the Food Support Services. Further details can be found on their website: <https://www.leicestershiretradedservices.org.uk/Services/3134> or the school website <https://www.waltham.leics.sch.uk/school-meals/>
- All allergens are displayed alongside the menus to show the contents of each meal.
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- The snacks include a variety of fresh fruit and vegetables per day.
- Fresh drinking water is always available and accessible. 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, or food allergies.

We talk to children about their preferences and give them a choice from the menu showing pictures of the lunches on the menu that day. We also ask parents to keep us informed if a child has and any special health requirements,

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.
- Adults 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 are a good role model and eat with the children and use and encourage good table manners.
- Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups.
- During meals and snack times children are encouraged to use manners and conversation is encouraged.
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, recognising their own belongings and feeding themselves.
- Staff support children to make healthy choices and understand the need for healthy eating.
- Cultural differences in eating habits are 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 still be given a helping of dessert.
- 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 young children.
- We promote positive attitudes to healthy eating through play opportunities and discussions.
- The pre-school provides parents with daily feedback of feeding routines for all children.
- Only milk and water are provided as drinks to promote oral health. Juice is discouraged in drink bottles.
- No child is ever left alone when eating/drinking to minimise the risk of choking.
- We will sometimes celebrate special occasions such as birthdays/celebrations with the occasional treat of foods such as cake, sweets or biscuits.
- We do allow parents to bring in cakes on special occasions which are shop bought and adhering to our settings/school nut free regime.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.
- Preschool lunches provided by the parents must: -
- meet the above and health and safety requirements.

- ensure that best before and used by dates for all food stuff, clearly labelled.
- Provide food that does not need cooking or reheating.
- Must not send food that contains nuts.
- Limit sugar, sweets, cakes, crisps (in line with our healthy tots' status).
- We ask parents to provide individual water bottles for their children which are labelled. They are put in a place to allow easy access for the children to use throughout the day independently.
- We provide a copy of the menu for parents on a half termly basis and on induction.

Data will be processed to be in line with the requirements and protections set out in the UK General Data Protection Regulation.