



## MEALS

Dinner is served at Kiddlywinks at 12.30pm every day. Please let us know if you would like your child to stay and join us for lunch.

All children will be offered suitable foods; this includes children with special dietary requirements and allergies. All the food is cooked fresh from scratch every day in our own kitchen. We use produce bought locally; fruit and vegetables are either fresh or quick frozen for the maximum nutritional content and we offer a good variety. We buy all our meat from a local butcher and are very aware of organic foods, using them where possible. Most of the dairy products used in the nursery will be full fat.

Our snack and meal menus are planned with the help of advice from the Food Standards Agency and a computer programme called 'Chomp', which allows us to analyse their nutritional content and to ensure they help to provide the children with a varied and healthy diet. The menus are displayed each week, with a monthly overview and the recipes are available on request. We very quickly get to know the children's likes and dislikes but it is helpful in the early days, if you would let us know about anything your child would rather not have. This helps us to allow for making them something else.

In addition to lunch, we offer a suitable snack, such as fruit or wholemeal toast and milk or water to drink in the morning and afternoon. We offer water or milk with lunch and fresh water is available for the children throughout the day as and when they want it.

Some children prefer to have their breakfast when they arrive at nursery, as it is a bit less rushed. If this would suit your child, then please supply the food you would like them to have and we will be happy to help them with it.

- We encourage good table manners and recognize that meal times should be sociable, enjoyable occasions.
- Children are given plenty of time to eat.
- We ensure that the children have suitable sized cutlery and tableware and that they are sitting comfortably.
- Nursery practitioners will be with the children during lunch and will provide good role models.
- Children are encouraged to develop their independence and are given the opportunity to cut up food and pour their own drinks with assistance.
- Children are encouraged to try the food but will never be forced to eat something that they do not want.

- If a child refuses food they will be offered a suitable alternative and the parent will be informed.
- Children will be allowed second helpings if possible; they will still be offered their pudding if they refuse the main course.
- Withholding food will not be used as a punishment.

Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide the food themselves.

To encourage children's interest in and knowledge of food, we have a cooking activity at least once per week. To encourage good eating habits the children will usually be offered the food they have made at snack time rather than taking it home at the end of the day. We will display a notice letting parents know what the children made.

Parents or guardians will be informed if we have any concerns about a child's eating. We are able to provide advice on feeding under 5's so please do ask if you would like some further information.

This policy was accepted on 24<sup>th</sup> September 2007 and will be reviewed at least annually.

**Reviewed**

30/9/08					
7/10/09					