

## **Strathburn Nursery Nutrition Policy**

Strathburn Nursery Nutrition Policy has been reviewed and updated in August 2015 in line with the advice from the document **Setting The Table**.

Strathburn Nursery is committed to ensuring the general wellbeing, health, nutrition and safety of each child in its care. We will provide a well balanced and healthy diet, taking into account ethnic, cultural and dietary requirements, including food allergies. Allergens that are identified on food packaging are displayed on the weekly snack menu.

Improving our children's health is the collective responsibility of parents, guardians, and school and health professionals. Good eating habits support healthy growth and development. With children receiving regular positive messages from all concerned they will gradually experiment with a variety of foods, accepting different tastes and textures, learning to understand the importance of a healthy lifestyle and the importance of a well-balanced diet.

We have referred to the **Setting the Table** document when compiling our menu choices so that we, as a nursery, can make a difference to your child's understanding of health, nutrition and safety. This also allows us to work in partnership with parents/guardians to offer the child the required vitamins, minerals and nutrients required for an energetic and active approach to learning.

### **Snack Time**

- Each child will practise personal hygiene by washing their hands before coming to snack.
- Snack will be organised so that every child has the opportunity to eat or drink and is offered adequate time to do so.
- Each child will learn about healthy snacks and drinks.
- Each child will be offered the opportunity to participate in the preparation of snack.
- Children will be encouraged to experiment with food, offered a variety of foods and repeatedly introduced to new foods to gradually teach the acceptance of different tastes and textures.
- Children will not be expected to finish everything on their plate and will be allowed seconds of fruit, milk or water if still hungry or thirsty.
- Children who do not eat the food will be offered an acceptable alternative.
- Children will have opportunities to brush their teeth in Nursery.

### **Drinks**

- Throughout the day jugs of water and plastic cups will be available on request.
- Full fat milk and water will be offered with snacks.

## **Food**

- The children choose the snack menu for the following week from the choices available in the menu book.
- The menu planning will be carried out by the Nursery Team, they will use the guidelines with the skills, knowledge and understanding of children's differing nutritional needs to achieve a nutritionally balanced snack menu.
- The menu will also take into account the taste, texture, flavour, colour and temperature of the food giving the children a variety of sensory qualities.
- Weekly menus will be displayed on the notice board, with allergens displayed.
- Regular informal contact with parents will let them know what and how their child has been eating. Any difficulties will be discussed at the earliest opportunity.
- Nursery recipes will be available on request.
- Menus will run through a four week rota with flexibility built in to accommodate religious festivals and special occasions.

## **Special Dietary Requirements**

- A photograph of any child with a special dietary requirement or allergy will be displayed in the food preparation area with a note of their need to ensure that permanent and supply staff are aware of each individual child's needs.
- Parents of children on special diets will be asked to provide as much written information as possible.

## **Social Aspect**

- Sitting down as a group to eat and drink provides an excellent opportunity for the children to learn good social skills and behaviour associated with eating and drinking.
- Opportunities will be available every day for
  - Taking part in short and extended conversations
  - Becoming aware of and respecting the needs of others
  - Sharing with and helping each other
  - Tasting food from different cultures.
  - Children will be encouraged to tidy up after themselves, i.e. load the dishwasher.
- Children will also have opportunities to help in the preparation of snack which allows development of early mathematical, language and social skills.
- A member of nursery staff will be with the children at snack, taking part in and encouraging conversations and providing a good role model for healthy eating, and good table manners.

## **Staff**

- Appropriate training and information will be given to core staff.
- New staff will be made aware of the Nutrition Policy.
- The policy will be reviewed and updated regularly.