



FOOD MANAGEMENT POLICY

Portico Day Nurseries promote healthy eating. The children will receive at least four portions of fruit and vegetables each day. Children attending full time will get 5. The Nursery also follows the Government Institute of Tooth Friendly Nurseries.

Food is prepared daily in the on site kitchen and all of our cooks hold a food hygiene certificate. Food has no added salt or extra flavourings and is always cooked from fresh. A list of all ingredients is sent out to parents.

Menus are displayed weekly and they change for summer and winter. Great care is taken when planning menus to ensure that a wide variety of tastes and textures are incorporated. Children's individual dietary requirements are always respected and often included on a daily basis, for example vegetarian meals.

Meal and snack times are encouraged to be a pleasant time.

AIMS:

Meal times should be a happy, social occasion for staff and children alike and the nursery adopts a policy that will ensure that the standards of table manners and behaviour expected will be consistent.

PROCEDURES:

- Staff will set a good example of good table manners.
- Cultural differences in eating habits will be respected.
- Children will be encouraged to say 'Please' and 'Thank you' and to sit still.
- Children will be encouraged to wait before starting their meal until all others have been served
- Conversation will be encouraged, but no shouting.
- Any child who shows signs of distress will have their food removed without any fuss. An alternative will be found so that children do not go hungry.
- The main cooked meal of the day is for lunch time, with fruit afterwards. Afternoon tea with fruit served afterwards, although not necessarily a cooked meal, is substantial enough to keep children satisfied until they may eat their evening meal at home.
- Children will be allowed fruit if main meal hasn't been eaten. This will never be used as a punishment.
- Children not on special diets will be encouraged to eat a small piece of everything. We will work with parents whose children refuse to eat nursery foods and try and encourage the child to do so before another option is given.
- Staff will set a good example by eating the same food as the children.
- Children who are slow eaters will be given time and not rushed.
- Quantities, portions sizes and servings will take account of the ages of the children. We will take into account the 'eat well plate' and endeavour to provide the correct servings of each type of food in any one meal / day, taking into account food that children may have at home.
- Second helpings will be given when reasonable.
- Children will be encouraged, where reasonably possible, to wait until everybody has finished before starting on their dessert.

- Children will be encouraged to drink water (or milk) throughout the day. If juice is brought into nursery by a parent, this will be given at meal times only and in a cup. Children will be discouraged from walking about with a milk or juice bottle in their mouths.
- Parents will be encouraged to support our food management policy by not bringing in sweets and crisps etc with their child. If children come in to nursery with these types of foods they will be kept till the child goes home.
- On special occasions like birthdays or parties, cake will be allowed into nursery, and given as an alternative to dessert. If more than one cake is brought in within the same week, this will be sent home with the children.
- Menus will be displayed for parents to see.

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

