

BOWLERS COMMUNITY NURSERY
FOOD & NUTRITION POLICY

At the nursery the staff are aware of the importance of providing a healthy diet; nutritional meals are a contributory factor in a thriving child and as such the nursery will endeavour to establish healthy eating.

We try to make the children feel as inclusive as possible and this is reflected in the menus provided. We hope to celebrate as many cultures as possible and encourage the children to embrace their own ethnic origin as well as others; some of this can be achieved through the different types of food that we serve.

MEALS/FOOD

The nursery provides well- balanced meals throughout the day. Fresh fruit and vegetables are the main staple within the menu from the main food groups and 'processed foods' will be kept to a minimum. The nursery has introduced Organic Dairy and Wholemeal foods to the Menus.

Staff sit with the children at lunch times thus encouraging appropriate social behaviour.

MENUS

Menus are created on a termly basis and follow a four week cycle. Menus are displayed on the kitchen door. Sweet/sugary foods will be limited and only served at meal times. We are happy to receive advice or suggestions in regard to meals provided and we encourage children and parents to take part in planning menus.

DRINKS

Milk and water will be the main drinks provided during the day; the nursery has had a water fountain installed to enable the children to drink when they need to; staff are encouraged to ensure that the younger children and babies who cannot access the water fountain are given sufficient amounts of water throughout the day.

DIETARY NEEDS

Religious and dietary needs will be observed and catered for. Dietary needs must be passed onto the Chef and dietary information will be discussed amongst the staff. Staff are sensitive to the children's dietary needs and will ensure that children do not feel ostracised or excluded because of them. Although Staff endeavour to respect confidentiality issues when meeting the children's dietary needs, a dietary sheet is displayed so that all staff and students serving at meal times are aware of the particular food that a child cannot eat.

The staff are aware of the dangers of peanuts and will not have them in any form in the nursery.

MEAL TIMES

A light breakfast is offered between 8.30-9.15am

Snack time (consisting of fruit/breadstick/cracker and water/milk) is provided throughout the morning and at 10.30am

Lunch is served at 11.45am

Tea (consisting of sandwiches etc. fruit and water/milk) is provided at 3pm.

Snack time (as above) is offered at 5pm.

The nursery endeavours to provide enough meals and snacks for the children who have a full day at the nursery (8.30 – 5.30).