



QUEENS PARK MONTESSORI DAY NURSERY

155 Richmond Park Road
Bournemouth
Dorset
BH8 8UA

Telephone: (01202) 523293

Proprietor: Mrs Alison Toms

Ofsted Reg: EY242933

A Unique Child

1.3 Health and Well-being

BE HEALTHY

Positive relationships

2.2 Parents as partners

MAKE A POSITIVE
CONTRIBUTION

EYFS: 3.48-3.50

NUTRITION AND MEALTIMES POLICY

At Queens Park Montessori Day Nursery 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:

- Balanced and healthy meals are provided for children attending half and full days at the nursery
- Menus are planned in advance [and in line with example menu and guidance produced by the department for education](#). These are rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- 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.
- We do not provide breakfast, but children are allowed to bring in cereal or alternative healthy options from home (no biscuits please)
- We do not allow any product containing nuts, especially peanuts, on the nursery premises. If parents bring in any nut containing product, it will be discarded
- For mid-morning snack, the children can choose to have either water or milk to drink. The children are offered a small portion of two types of fruit and a savoury cracker or breadstick
- Our hot lunches are brought in each day from a local restaurant. All meals are produced fresh each day, with ingredients often from local suppliers. We provide alternatives for children with specific dietary requirements. Our desserts are produced at the nursery and are all low-sugar, healthy options

- For tea, we provide two types of savoury food, e.g. sandwiches and muffins, as well as cheese, vegetable sticks and two types of fruit. If the children eat their tea they are allowed a small biscuit
- Only milk and water are provided as drinks to promote oral health. Children have access to fresh drinking water throughout the day. It is frequently offered to children and babies and intake is monitored. 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, and/or food allergies that a child has and any special health requirements, before a child starts or joins the nursery. 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. Where appropriate an adult 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
- Meal times are organised so that they are social occasions in which children and staff participate. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged, whilst at the same time being aware of the risks of choking
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, 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
- Children not on special diets are encouraged to eat a small piece of everything
- 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 babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily written records of feeding routines for all children under the age of two
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits.
- We allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure. We do not allow parents to bring in any home baked products.
- As we are endeavouring to promote good eating habits in our children, we do not allow juice. If your child arrives at nursery with a cup/bottle of juice, we will not allow them to have it but will offer them a drink of water instead
- All staff who prepare and handle food are competent to do so and receive in house training in food hygiene which is updated every three years

- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days . We will also inform the relevant health agencies and follow any advice given.

If the parent has any concerns about the food their child is eating whilst at nursery, these should be discussed with the child's key worker or Alison Toms, nursery manager.

This policy was adopted on:

Signed on behalf of the nursery:

Date for review: