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Kinellar Nursery

**Nutrition and Mealtimes Policy**

*“Childcare is an environment where children can establish healthy eating patterns and physical activity habits. Many of the daily activities that childcare programmes provide, such as meals and snacks, physical activity, toothbrushing and nutrition education, are the foundations of lifelong healthy habits…*

*The provision of food is more than just providing the nutrients essential in promoting good health and wellbeing. Food has a much broader role to play in the social aspects of development; for example, establishing routines and eating together.”*

Setting the Table, 2018

Kinellar nursery has a duty to provide a healthy and nutritionally balanced menu. Children will also have opportunities to try a variety of different foods. Food and mealtimes are seen as part of the learning experience and an integral part of the caring environment.

The following policy has been written based on the current guidance:

‘*NHS Setting the Table’, 2018 - ‘Guidance on Temperature Control Legislation in the United Kingdom’ – 2016, ‘Supporting Children with Special Dietary Requirements’ – Aberdeenshire Council 2013,* and *‘Food Matters’ – 2018.*

* All staff have successfully completed the REHIS Elementary Food Hygiene course and a member of the nursery team has completed the REHIS Infection Control course.
* The weekly lunch and snack menu will provide children with a varied diet planned in line with Aberdeenshire Council policy. Menu planning/reviews for snack will take place regularly.
* Milk and water will be offered with snack and milk provided will be whole milk. The whole milk is provided through ‘The Nursery Milk Scheme’ each child receives 189ml of milk each day for children under 5 years. Water will be available at all times.
* Parents will be advised if their child is not eating well.
* Children will be involved with the process of preparing food for snack during their time at nursery. Snack Helpers follow hygiene procedures and practice. The will be involved in discussing the different food groups and types of food that fit these groups and why the variety makes a healthy diet.
* Children who have specific dietary requirements and/ or food allergies can be identified by photograph and Care Plan. All staff including supply/student staff are made aware of this. This information is located in the Care Plan Folder in the locked cupboard marked First Aid/Care Plan Folder (also on back of cupboard door - children who have Care Plans-photo to identify) in the nursery kitchen. Where possible an alternative menu will be provided by the setting.
* The school catering service is informed of any allergies and will follow their guidelines on providing suitable meals. Weekly menu displayed in Peg Area includes Allergens.
* Medication for any children who have food related allergies are also kept in the cupboard marked First Aid/Care Plans located in nursery kitchen.
* If a child has a severe allergy, food may be required to be brought in from home but this will be agreed on an individual basis. Children with religious and cultural dietary requirements will be respected and their requirements adhered to.
* Staff check and record the temperature of the fridge and freezer at the start of day.
* Staff will be in the area when mealtimes are taking place and will provide a good role model for healthy eating. Children will be encouraged to develop good eating skills and table manners.
* Food will be stored according to instructions on packaging.
* Staff clean food preparation and serving areas with hot soapy water.
* Adult will tie back their own long hair as required.
* Adult and children wash their hands. Staff wear pvc aprons when serving food. Hand washing is repeated when necessary during the preparation process.
* Adult discuss the menu with the children and highlight any risks involved e.g. sharp knife for cutting fruit, hot soup etc. The learning discussion continues throughout mealtime.
* We adhere to our Infection Control policy when preparing and serving food for snack.
* Children may also try foods from different cultures as we explore and celebrate our multicultural society.
* Food temperatures are recorded for high risk foods.
* Adult ensures that any stones or pips are removed from food. Small fruit e.g. grapes/cherry tomatoes are cut in half lengthways.
* The snack area is constantly supervised to reduce the risk of choking.
* All Staff have the appropriate 1st Aid Certification, this is displayed in the kitchen.

**Snack/Mealtime procedure**

1. Staff member supervising meals each day should read allergies/dietary requirements and number of children in that day.
2. Tables prepared with table cloths, flowers and table numbers.
3. Staff are required to thoroughly wash hands with hot soapy water and then place on an apron.
4. Children will be assigned as Snack Helpers to help with meal preparation at snack time, they will wash their hands with hot soapy water and place an apron on.
5. Meals will be placed in serving dishes for children to help themselves, staff will give instructions on portion size and provide utensils for self-serving food.
6. One staff member will supervise snack and two at mealtimes.
7. Children will be encouraged to wash their hands in hand washing sinks and collect their plate/bowl and cup before sitting at the table at snack times. At lunch time children will wash their hands then plates and cutlery will be put on the table for them.
8. Children will be encouraged to pour themselves water/milk to drink.
9. Staff will sit with the children and engage in conversation with them. Staff will share in the snack/meal with the children and encourage them to try everything on offer.
10. Once finished their meal children will be called up to wash their dishes in the basin and place onto the dishwasher tray. On some occasions, children will leave their dishes beside the basin for a staff member to wash.
11. When all children have finished their meal the staff member will clean the tablecloths with hot soapy water and sweep the floor.
12. One staff member will be responsible for loading the dishwasher and putting empty trays back out for use.
13. At snack time, the dishwasher tray will be placed on a child's table in the playroom for children to put the dishes away.

**Aberdeenshire Council set the snack fee which is currently 50pence per session. This is payable as one total fee at the start of each term. The termly amount payable is in the Nursery Termly Newsletter how much and when to be paid by.**

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