

Nutrition

EYFS: 3.47 – 3.49

At Wirral Montessori, we believe that snack/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 snacks which meet individual needs and requirements.

We will ensure that:

- Parents are encouraged to provide a balanced, healthy and nutritious lunch for children attending the setting for a full day
- Balanced and healthy snacks are provided, both morning and afternoon
- We provide nutritious food at all snack times (fruit, vegetables, milk) avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Fresh drinking water is always available and accessible. It is frequently offered to children.
- Individual dietary requirements are respected during snack time. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and 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
- Where appropriate an adult will sit with children during snacks/lunch to ensure safety and minimise risks. Where appropriate, 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
- Staff set a good example by showing good table manners. Snack/lunch times are organised so that they are social occasions in which children and staff participate in small groups. During all snack/lunch times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use snack/lunch 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
- Children are given time to eat at their own pace and not rushed
- We promote positive attitudes to healthy eating through our learning environment and discussions
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We **do** allow parents to bring in cakes/treats on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements.

- All staff who prepare and handle food are competent to do so
- 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.

This policy is reviewed on an annual basis in consultation with staff.