

NUTRITION POLICY

POLICY STATEMENT:

The Nursery aims to provide food which is designed to be nutritious and meet the needs of each individual child. Food provision will be based on Welsh Government Food and Health Guidelines for Early Years and childcare settings. Snack and Meal times are an important part of the day. Eating should not only provide essential nutrition but serve as a time to learn about healthy eating and develop social skills. We acknowledge the importance of shaping good eating habits in children from an early age.

HOW POLICY WILL BE IMPLEMENTED (Specific Policies & Procedures):

- Staff will receive accredited training in relation to healthy eating and cooking with under 5's, as well as food and safety/hygiene.
- A 3 weekly menu cycle is in place and the weekly menu will be clearly displayed in advance.
- Recipes used in our menus will be available to parents upon request.
- Food based activities and play are carried out to ensure children are introduced to the concept of nutrition and physical activity linked with health. These activities are reported upon within our newsletter.
- Children will have opportunities to be involved with activities and experiences where they can make decisions about healthy food choices and trying new foods i.e Role Play, Tasting, Feely games.
- Children will be encouraged to play outside on a daily basis to ensure they are exposed to daylight which helps their bodies make essential vitamin D.
- Parents are encouraged to offer menu suggestions and comment on the Nutrition Policy.
- We are signed up to Welsh government Breastfeeding Welcome scheme. Mothers will be supported to continue breastfeeding their children, with a quiet area provided to breastfeed or express milk in privacy. Breast milk will be stored in the fridge clearly labelled with the child's name and date, at a temperature below 4 degrees. Any unused breast milk will be returned to the parent at the end of the day, however unfinished breast or formula milk will be discarded after an hour. Parents will be advised if a lot of milk is left at feeds.
- Infant Formula will be made up in accordance with Welsh Government guidelines "saferbottlefeeding" 2008. Babies will never be left propped up with a bottle feed.
- Full fat milk will be served as a drink for those aged between 1 and 2 years. Semi skimmed milk will be provided for children over 2 years, providing the child is eating a varied diet.
- Weaning is initiated in partnership with parents at 6 months of age but never before 4 months. Salt and sugar are not added to weaning foods.
- All drinks are offered in a lidless or free flowing cup from 1 year of age.
- Water station is available at all times for 2 years plus and free flowing cups are on display at all times for under 2 years old to be able to have a drink at any time. Milk is available with breakfast, fruit and snack times.

- Fizzy drinks, squash, sweets and soft drinks will not be served.
- Parents will be advised if their children are not eating well.
- Children are encouraged to sit at the table when eating or having a drink. Staff will sit with children when they eat, to encourage good eating habits and table manners.
- Children will be given plenty of time to eat and will be allowed to have dessert if they do not eat their main course.
- Withholding food will not be used as punishment. Similarly, food and drink will not be used as a reward.
- Children who do not receive breakfast at home will be offered this when they arrive, if this is previously agreed with parents/ guardians
- Parents of children with allergies will discuss with staff so an allergy plan can be agreed between all parties.
- Parents of children on special diet will be asked to provide as much information about suitable foods and drinks. Up to date records will be kept, detailing specific children's dietary needs.
- Birthdays and other celebrations will be marked as special occasions using imagination. Games, decorations and dressing up rather than with sweets, cakes and biscuits. As we use polystyrene cake covered in icing and lit real candles to sing happy birthday. We request that parents do not bring cake into setting as this would compromise our healthy eating practises.
- Fridge temperatures are taken daily and recorded.
- All children wash their hands before and after snack time; similarly all staff will wash hands before preparing food and helping children to eat.
- All tables are cleaned with sanitizer spray prior to and after snacks.
- We have a Food Hygiene Rating of 5 which gets reviewed yearly.
- The persons with overall responsibility in the setting are Natasha Adams(Manager) Paula Woodfield (Cook)

Date Policy reviewed: 15.10.25
 By: Natasha Adams and Emma Johns
 Date of next review: October 2026