

Provision of Food Policy

Liability & Responsibility

We **accept full responsibility** for the quality, safety, and temperature of all food offered to the children. We maintain a 5* rating from Environmental Health, Food Inspection. For this reason, we will not permit food from home.

All-Inclusive Meals

We offer all-inclusive meals at no additional cost to all parents. Meals are prepared & cooked by Anna Davies Brown (Senior Management Team member & Co-Owner).

Annie holds an Advanced Diploma in Food Hygiene for Caterers. All staff have Food Handling & Hygiene qualification at Level 2.

Our meals are **nutritionally balanced, cooked fresh daily**; food is sourced from the best sources we can reasonably secure; we cater to a variety of dietary needs, including parent preferences. Our meals routine is shown below.

<u>Breakfast</u>	08:00 – 08:45hrs
<u>Morning snack</u>	10:00 – 10:30hrs
<u>Lunch</u>	11:45 – 13:00hrs
<u>Tea</u>	16:00 – 16:30hrs
<u>Late snack</u>	17:30 – 17:45hrs

Breakfast Provision

We serve cereal or porridge and toast. We use real butter (or alternative spreads for special diets) We use Teff organic cereals, Flahavan's organic oats, cow's milk, organic oat or coconut milk, sliced white, wholemeal, multiseeded or sourdough bread. We also offer the following packaged cereals familiar to the children: Malt Wheats, Bran Flakes, Oatibix and Weetabix. Gluten free options are available.

Snack Provision

We offer healthy snacks in the morning with milk or water and again after tea for children who are collected after 5.30pm.

Lunch

Children receive a two course lunch that is cooked daily. We have a 4 week menu that changes 2-3 times a year to maintain seasonal food choices, particularly in vegetables.

Mealtime Experience and Child Development

Our philosophy, ultimately embeds in our routines, with the aim to help children feel comfortable and confident when transitioning to school settings.

From Tiggers onwards (2 years old) we gradually introduce additional age appropriate steps that supports independence, e.g. learning to set out water glasses, jugs and cutlery, as soon as they are able.

Children in preschool will collect / choose the portion sizes; they learn to scrape their own plate when they are finished and at tea time, they take their plate and water glass to the kitchen to be washed

Mealtimes are important to children's development. The food we offer at mealtimes is balanced and gives the vitamins, minerals, protein and carbohydrate they need to grow and stay healthy. It gives them energy and makes them feel good. We believe that eating habits and attitudes learned in childhood can last a lifetime.

Our aim is to make eating enjoyable, create a complete dining experience that appeals to the children and encourages them to appreciate food.

Our routines are designed to encourage self-help, independence, and choice. Equipment that children use is appropriate to the age and stage of development and designed to promote independence - from fingers → spoon → fork → knife and fork; from a bottle → spouted cup → cup → glass; children learn to pour water and milk independently, we aim to encourage confidence, enjoyment and fulfilment.

That's not all! Importantly, we also see meal times as a 'family gathering' opportunity that supports dialogue at the table between each other and with the staff. Staff use the opportunity to extend language and communication skills, always sitting with them, with many eating the same delicious food.

Home Food

Apart from a birthday cake, that must be shop bought (so we can check the ingredients), we do not permit food brought from home into the nursery. All home food that arrives, including drinks, will be discarded. Some children are gluten, milk and/or egg intolerant and we have a strict NUT-FREE policy that includes the avoidance of any foods containing nuts 2 hours prior to attending.

Food Tasting

Our meals, fruit and snacks give children the opportunity to taste new foods. Staff also plan 'taster' activities for the children across all ages.

Healthy Drinks

We provide Welsh mountain spring, bottled water that is more pure than you will find on a supermarket shelf and full fat cow's milk from a small dairy with organic milk alternatives to all children. In addition, we provide all baby milk brands, bottles are prepared as an when required, and not stored made up in the fridge.

Special Diets

We provide for all special diets, including but not limited to non-dairy, egg / gluten free and parent preferences e.g. vegetarian or vegan

By following this policy, we aim to create a safe and inclusive dining experience for all children.

If you have any questions, please contact Annie

anna.davies@saplingsnursery.co.uk

This policy is reviewed regularly