

Provision of Food and Drink Policy

Meal times should be a happy, social occasion for children. Positive interactions should be shared and these times enjoyed. Jollytots is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We will ensure that-

* A balanced and healthy breakfast, lunch and two snacks are provided for children attending a full day at nursery. Children who attend for shorter days will be offered the meal available during that time
* We will only offer an evening meal to nursery children if they are in nursery after 5.30pm. Parents must provide this. It must be shelf stable and not contain any meat. It must not be homemade.
* Afterschool children will be offered a snack when returning from school. On holiday periods they will be offered a morning and afternoon snack. For lunch, children will bring their own packed lunch.
* All meals and snacks will be attractive and planned to meet the nutritional requirements of the children, providing a diet of high quality freshly prepared food
* Menus are planned in advance, rotated over a 4 week period. This will be displayed for parents. Please note that it is subject to change.
* We will provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
* We value the comments and opinions from parents and children in planning the menu
* Fresh drinking water is available throughout the day. Water or milk will be available at meal times. Juice will only be offered to afterschool children and to 3-4 room on special occasions. This juice will be sugar free
* We will, within the resources available to us, cater for medical, religious, cultural needs and preferences of our customers. Upon registration of each child such dietary needs will be discussed and noted
* Individual dietary requirements will be respected. We will gather information from parents regarding their child’s dietary needs, including any allergies and preferences, and work alongside parents to put in place an individual diet plan for their child
* Staff will show sensitivity in providing for children’s diets and allergies
* Meal time and snack will be organised so that they are social occasions in which children participate in small groups. They will be encouraged to use their manners and say ‘please’ and ‘thank you’ and conversation will be encouraged.
* Any child who shows signs of distress at being faced with a meal they do not like will be removed without any fuss. Children on special diets will be encouraged to eat a small piece of everything. Praise and encouragement will be given.
* Children who are slow eaters will be given time and not rushed
* Quantities offered will take into account the age of the child
* Parents will be consulted about the introduction to solid food
* If the child genuinely dislikes the food offered they will be offered an alternative
* Children will not have unsupervised access to the kitchen
* Mothers who are breastfeeding will be facilitated in the nursery
* Formula milk is not prepared from scratch by Jollytots staff. Parents must bring in measured out powdered milk in suitable containers which staff will then make up in a provided sterilised bottle
* Parents will receive daily information of what their child has eaten in their information book
* All food is prepared in the kitchen

This policy was adopted on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Director

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