Crossroads Nursery Nutrition and Mealtimes Policy

Crossroads Nursery aims to be an inclusive setting, meet the needs of and provide equal opportunities for all or our pupils. Parent's cultural and religious views will always be respected.

The development of this policy is done so by adhering to **"Setting the Table" (Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland 2018) Published by NHS Health Scotland**. It meets the Care Inspectorate **"Health and Social Care Standards (2017)":**

- *1.19 My care and support meet my needs and is right for me.*
- *1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.*
- *1.35 I can enjoy unhurried snack and mealtimes in as relaxed an atmosphere as possible.*
- *1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.*
- *1.39 I can always drink fresh water.*
- *2.2 I am empowered and enabled to be as independent and as in control of my life as I want and can be.*
- *2.21 I take part in daily routines, such as setting p activities and mealtimes, if this is what I want.*

and "**The United Nations Convention on the Rights of the Child (UNCRC 1989)":**

- *Article 13: Every child must be free to express their thoughts and opinions and to access all kinds of information, if it is within the law.*
- *Article 14: Every child has the right to think and believe what they choose and to practise their religion, if they are not stopping other people from enjoying their rights. Governments must respect the rights and responsibilities of parents to guide their child as they grow up.*
- *Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this*

Crossroads regards snack and mealtimes as an important part of the setting's day. Mealtimes represent a social time for children and adults and helps children to learn about healthy eating. At snack and mealtimes, we aim to provide nutritious food, which meet the children's individual dietary requirements. Quantities and portion sizes are appropriate as per the information set within the guidelines. We promote healthy eating using resources and materials from the health Scotland guidelines "Setting the Table".

Setting the Table (Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland 2018) Published by NHS Health Scotland.

"*This guidance celebrates the contribution that childcare providers can have in shaping the future eating patterns of young children in Scotland. Implementing this guidance will:*

- *champion the importance of a well-balanced diet and positive choices both with children and their parents*
- *assist providers to work with families who face the biggest challenges in providing a healthy diet for their children*
- *highlight the importance of food as a tool for social development and learning"*

At Crossroads Nursery we follow these procedures to promote healthy eating in our nursery:

- We provide a balance of foods from the four main food groups: meat, fish and protein alternatives; dairy foods; grains, cereals and starch vegetables; and fruit and vegetables. This is in line with the "Setting the Table" guidelines.
- The menu of both the snack and lunch are clearly displayed for parents/carers and they also receive lunch menu home every term.
- Portions of fruit or vegetable will be served as part of the snack and lunch every day.
- The snack menu is developed with input from the children and the parent/carers as well as in line with "Setting the Table".
- During very special celebrations (such as on party day) children may receive chocolate or sweets. Parent/Carers will inform the setting if they do not want their children to have this.
- We take care not to provide food containing nuts or nut products.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- Where there is a 'rolling snack', this will occur with small groups of children at a time. Staff will sit with children while they eat and will promote a good model for healthy eating.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- Children will still receive their dessert if they refuse or do not eat their main meal unless the parents specify otherwise.
- Fresh drinking water or whole milk, or a dairy free alternative is available throughout the day. Milk and water are offered with snack and water is offered at lunch. Children can ask for water throughout the day.
- Staff will only conduct snack and lunch times if they have a food hygiene certificate.
- In line with infection control procedures, food hygiene practices and to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Good food hygiene practices are observed when food is prepared and served. This includes children and staff washing hands before meals.
- Staff are trained in food hygiene and this will be regularly kept up to date.
- As part of our curriculum children can cook and bake. These foods will be used as part of their meals or sent home.
- Children may also try foods from different cultures as we explore and celebrate our multicultural society.

Allergies and Cultural dietary requirements

- Before a child starts at Crossroads Nursery we will discuss any dietary requirements with parents/carers. This can include any allergies, intolerances and cultural food restrictions. This will be recorded in their Care Plan and kept in their "Personal Plan".
- At induction, the parent/carer will receive a 'Special Diets Admission Form D' if required. This must be filled in and cases of allergy or intolerance requires signed confirmation from the family GP, Dietitian or Paediatric Specialist Nurse.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. This is done 6 monthly.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. This is displayed in the kitchen areas.
- It is the Lead Practitioner's responsibility to inform their staff of any child who has a dietary requirement following on from induction meetings with parents.
- It is the responsibility of all staff to ensure they are fully aware of the dietary requirements of the children within the setting. This information is available within their 'Personal Plan' and is visually displayed.

- New staff members will be made aware of any children with dietary requirements by their Lead Practitioner upon starting.
- The lunch and snack menus have a separate sheet called ‘Allergens in Nursery Menu’, which breaks down each dish into the allergens found within them.
- Parent/carers will be issued with the ‘Allergens in Nursery Menu’ sheet upon induction if required.
- Dietary alternatives will be provided for snack time.
- Staff responsible for snack will ensure children with allergies, intolerances or cultural restrictions receive any dietary alternatives provided for them.
- Children with dietary requirements will still be encouraged to develop their independence by making choices, serving themselves and feeding themselves.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- EYLP or EYSP inform the kitchen if there are any specific dietary requirements.
- Any foods coming from the canteen will be kept separate and clearly labelled in a sliver container.