

12 Food Management Policy

Aim: Providing healthy, balanced meals, which are prepared to the highest standard by a professional, gives your child a better chance to develop properly, both physically and mentally.

Daily menus can be found on the notice board outside of the office and will include plenty of fresh vegetables and fruit that are wholesome and nutritious.

Naturally we cater for all dietary needs, please let us know your child's individual requirements.

Meal times should be a happy, social occasion for staff and children alike.

General Procedures:

- Individual dietary requirements will be respected and celebrated.
- If a child does not finish her/his first course she/he will still be given a small helping of dessert.
- Staff will be positive role models and will eat lunch with the children to promote good eating habits, positive behaviour and conversation.
- Cultural differences in eating habits will be respected and celebrated.
- Children will be encouraged to say 'Please' and 'Thank you'.
- Any child who shows signs of distress at being faced with a meal she/he does not like will have her/his food removed without any fuss.
- Children will be encouraged to eat a small piece of everything as appropriate to their dietary needs.
- Menus are rotated regularly and will reflect 5 a day and fresh ingredients.

Baby Room:

Meal times in the baby room are a perfect relationship-building opportunity for child and key-carer. All baby foods are also made on the premises and the children's likes and dislikes are always considered. When children are ready they are encouraged to feed themselves.

Tweenies and Toddlers:

Our Tweenies and Toddlers enjoy the opportunity for social interaction that meal times offer and thrive on the chance to gain independence. It is a good opportunity for children to learn how to use cutlery, taking turns and enjoying the social occasion.

Preschool Room:

The Pre-school children take independence to the next level, the children help prepare the table for lunch setting out named placemats, cups, plates, cutlery and drinks. Once everybody is sat at the table with washed hands the children pour their own drinks and serve themselves lunch from the serving dishes in the middle of the table. Once they have eaten all they need they scrape their own plates and clear away their things.

Special Dietary Requirements:

There is a copy of the children's dietary requirements in the kitchen on the wall and due to data protection on the inside of a cupboard door in all of the children's rooms.