

HORN END NURSERIES

Food Management Policy

Updated 08/05/09

AIMS

Children will be encouraged to try a wide range of foods and have a nutritious diet whilst at nursery.

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

We will ensure that we encourage good table manners and promote socially acceptable behaviour at mealtimes.

GENERAL PROCEDURES

- Individual dietary requirements will be respected.
- If a child does not finish his first course he will be given a small helping of dessert.
- Staff will set a good example of good table manners.
- Cultural differences in eating habits will be respected.
- Children will be encouraged to say 'Please' and 'Thank you' and to sit throughout meal times.
- Children will be encouraged to wait before starting their meal until all the others have been served.
- Conversation will be encouraged..
- Any child who shows signs of distress will have his food removed without any fuss.
- Children not on special diets will be encouraged to eat a small piece of everything.
- Staff will set a good example by eating the same food as the children if sharing mealtimes.
- Children who are slow eaters will be given time and not rushed.
- Quantities will take account of the ages of the children and children will serve themselves where possible.
- Children will be encouraged, when appropriate, to wait until everybody has finished before starting on their pudding.
- Menus will be displayed for parents to see.
- If parents wish to bring additional snacks we will encourage healthy options such as fruit and vegetables or yogurts.
- Parents of babies under 6 months will be asked to provide their own food and bottles.
- A record of all dietary allergies will be kept in the kitchen at all times.