

INTRODUCTION

BBDN recognises the important relationship between a healthy diet and a child's ability learn effectively and achieve high standards.

BBDN recognise that children under the age of 5 have different nutritional needs to those of older children and adults. They have high energy and nutrient requirements in relation to their size.

BBDN believes that every child needs a balanced diet as it is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached every day to optimise growth and development.

BBDN will promote a healthy diet and good eating habits to all children by provided nutritional meals, snacks and drinks as this will help to establishing these in early life and will lay the foundations for future health

BBDN recognises the importance of healthy eating habits in accordance with the Statutory Framework for the Early Years Foundation Stage and is committed to ensuring that healthy eating is an integrated part of promoting a healthy lifestyle, the foundation for the future.

BBDN is aware that the primary role in children's healthy eating education lies with Parents.

BBDN recognises the role that our nursery can play, as part of the larger community, to promote family health, as the sharing of food is a fundamental experience for all people, a primary way to nurture and celebrate cultural diversity and an excellent bridge for building friendships.

BBDN will ensure that all meals will be prepared from the four main food groups: starchy carbohydrates, protein, dairy and fruit and vegetables. No salt will be added to foods and foods high in salt (e.g. Gravy granules, stock cubes, readymade sauces etc.) will be used as little as possible. If these are used these will be the lowest salt variety available.

BBDN will respect and cater for allergies, food intolerance and accommodate any other diet i.e. religious requirements. This information will be collected from parents/ carers in advance of the child being admitted to the nursery (EYFS) and will be recorded on the individual child's C2 Care Plan.

BBDN will seek partnership with parents to ensure that parents/ carers are aware that we are committed to promoting healthy, varied and enjoyable food, making the menu available to parents and by work to support the children and their families in creating an awareness of healthy eating and appropriate food content

AIMS

- All staff will positively promote the good health of the children by being good role models, providing opportunities for children to learn about food, food sources, nutrition, health, seasons, growing cycles and other people's ways of life.
- All staff will make mealtimes a pleasurable and safe experience. All staff will promote the concept that mealtimes are for eating but it is also the opportunity to learn about healthy eating.
- All meals, snacks and drinks provided to the children will be healthy, balanced and nutritious.
- All staff will ensure that fresh drinking water is always available in the individual children's water bottles.
- All staff will provided opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts
- All staff will give clear information on what children eat each day.
- All staff will encourage Fussy eater to eat. Praise will be given when child eats, Foods will be removed without judgement if the child refuses food.
- If a child refuses the main course a portion of dessert will be offered.
- All children will be given as much time as they need to finish meals.

MEALTIMES

BBDN has four meal and snack times throughout the day: these consist of Am and PM snack, Lunchtime and Teatime. BBDN operates a nine-day continuous menu to ensure that all children enjoy a varied home cooked healthy, balanced and nutritious wholesome diet. This menu is displayed in the reception area and the parents is informed of what children eat each day and this

will be recorded on the individual child's day report on EyLog and this will be sent to the parents at the end of collection.

LUNCHTIME/TEATIME

- Lunchtime will consist of two courses, the first course will consist of a home cooked healthy, balanced and nutritious wholesome food e.g. Roast chicken, mash potato and vegetables with gravy, Toad in the hole Chicken curry and rice etc. The second course will be fresh fruit, Banana's or cake and custard.
- Teatime will consist of two courses, the first course will consist of a healthy, balanced and nutritious wholesome food e.g. Sandwiches, home-made macaroni cheese and casserole. The second course will be fresh fruit, no added sugar jelly or cupcakes.

SNACKS

- Snacks will be offered between meals at Morning Snack approx. 9.45am and Afternoon Snack 2.00pm to ensure children receive appropriate levels of energy and nutrition.
- Morning snack will be brown bread toast and milk or water.
- Afternoon Snacks will include Fresh fruit, yoghurt, vegetable sticks with dips and plain popcorn.

DRINKS

- Children will always have access to drinking water (EYFS)
- Children under 12 months will be given breast milk or formula milk or water
- Children over 12 months will be given whole cow's milk or Soya milk if required
- The only drinks provided to Children over 12 months throughout the day is No Added Sugar juice which will be served with tea.
- Every child under the age of 5 years old is entitled to a 189ml portion of milk per day, the nursery will ensure that every child receives this by encouraging them to drink the milk at meal times but also by providing the children with milk base products such as custard or Angel Delight. If the child has a milk or lactose intolerance, the child will be provided with an alternative milk substitute such as Soya milk.

BABIES

The department of health recommends that: babies under 6 months will not be given: Foods containing Gluten, eggs, Fish, Liver, nuts and seeds, soft or unpasteurised cheese, low fat foods, honey, sugar or salt.

The department of health recommends babies should not be weaned until around 6 months and that solid food should never be introduced before 4 months (17 weeks) of age.

BBDN will share the above guidelines with parents to enable them to make an informed choice regarding weaning and solids.

BBDN will work with the parents to assess the individual child depending on the age and readiness for the introduction of solids will be carried out by BBDN in accordance to the parents/carers wishes.

Babies who are weaned from 6 months should move onto lumpier textures and soft finger foods more quickly than those started earlier to ensure continued development of normal feeding behaviour

Honey, Salt or Eggs will not be given to children under 12 months

Pre-term babies need special consideration and advice should be sought by parents and carers from the Health visitor / medical team who are catering for them.

LINKS TO LEGISLATION

Early Years Foundation Stage - www.standards.dfse.gov.uk/eyfs

Eating Well for under 5's in Child Care, Caroline Walker Trust www.cwt.org.uk

Food standards Agency- Eat Well www.food.gov.uk www.eatwell.gov.uk

Five a Day www.5day.nhs.uk

Weaning http://www.dh.gov.uk/en/publicationsandstatistics/publications/publicationspolicyandguidance/DH_4117080

This policy was adopted on	Signed on behalf of the nursery	Date for review
31.8.2024	Kerry Mitchell	31.8. 2025